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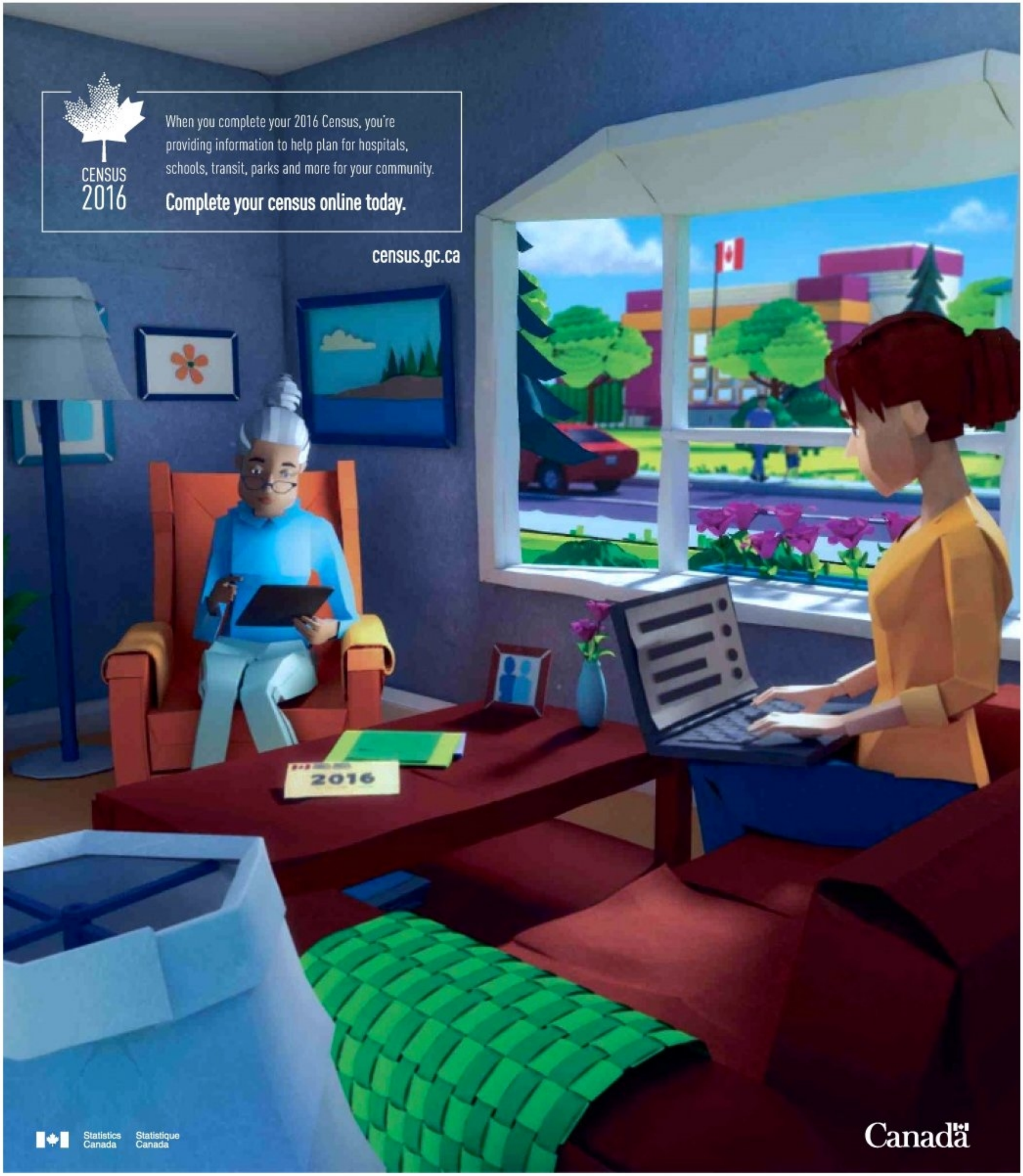
TUESDAY, MAY 10, 2016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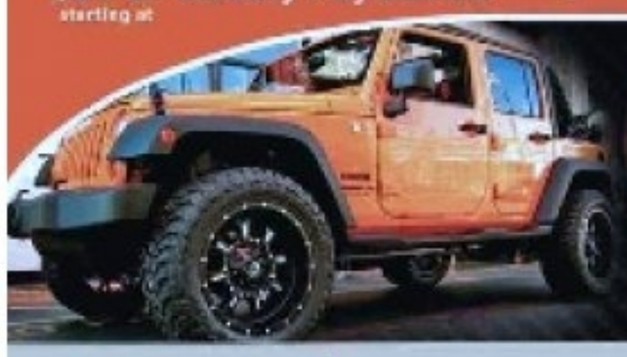

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Your essential daily news | TUESDAY, MAY 10, 2016

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FORT MCMURRAY
On losing the museum of one's life to fire
metroVIEWS

A burned-out house and others still intact in the Abasand neighbourhood of Fort McMurray.
JONATHAN HAYWARD/THE CANADIAN PRESS

THE NEW FORT MCMURRAY
What's been lost, and spared, in an ocean of fire

Ryan Tumilty
Metro | Edmonton
IN FORT MCMURRAY

Metro takes you behind the headlines, where a first look inside the city shows mercy, devastation just feet apart

- PILOT BREAKS THE RULES TO SAVE PETS
- FIREFIGHTERS BOND ON THE FRONT LINES
- TOUR REVEALS THE MANY SAVED HOMES

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A sexual assault charge against Jian Ghomeshi is to be withdrawn, a source says.

The cruel randomness of fire

DAMAGE

School stands amid gutted homes in one neighbourhood

Ryan Tumilty
Metro | Edmonton

Inside Fort McMurray, the raw cruelty that last week's fire represents, forcing 88,000 people to flee, is front and centre.

But the cruel randomness of it all is also on display.

In Abasand, one of the most badly burned neighbourhoods, the Ecole Boreal and its swing sets and playgrounds sit empty and undamaged, as if waiting for children to come back.

All around the school are homes reduced to empty shells: stoves and BBQs just barely recognizable and at one foundation, a charred skeleton of a bike securely chained to another.

The school stands but the walls, bedrooms, roofs of houses — the very places the school's children lived — are gone.

The school wasn't alone in surviving despite its surroundings: Many homes in the neighbourhood were spared, often just across the street from another that was destroyed.

On a media tour of Fort McMurray Monday, reporters from around the world witnessed first-hand how the massive blaze, which continues to grow outside the city, has gutted a community.

If the damage in Abasand is arbitrary, in Beacon Hill it is complete.

The sign entering the community stands, and so do its bus stations, but row upon row of homes have only their basements remaining.

The cars are torched, tires melted.

Only the sidewalks and the driveways give a hint about what was here before.

A burned-out barbecue is shown in the Abasand neighbourhood during a media tour on Monday. JONATHAN HAYWARD/THE CANADIAN PRESS

> Fort McMurray is still alive. We are here. We are ready for the future.
> Fire Chief Darby Allen

Fire Chief Darby Allen said the random homes that were saved were the result of hard work by firefighters.

"It was specific firefighter operations internally that stopped the spread of the fire," he said.

But in Beacon Hill, he said, they simply didn't have time.

His Birmingham accent might suggest otherwise, but Allen has called Fort McMurray home since 2009 and has been its fire chief for the last three and a half years.

Knowing his neighbours would be seeing the tragedy unfold on newscasts, Allen was stoic on the media tour and sent a message to the evacuees across the province.

"Fort McMurray is still alive. We are here. We are ready for the future," he said.

After seeing the damage for the first time Sunday, the community's mayor, Melissa Blake, said despite the devastation there is a city here ready to rebuild.

"I saw the homes that still stand. I saw our infrastructure that is 100 per cent intact," she said.

"We will be able to call this community our home again."

Blake said the return would not come as quickly as people want, however, with provincial officials expecting it will take two weeks just to develop a plan for re-entry.

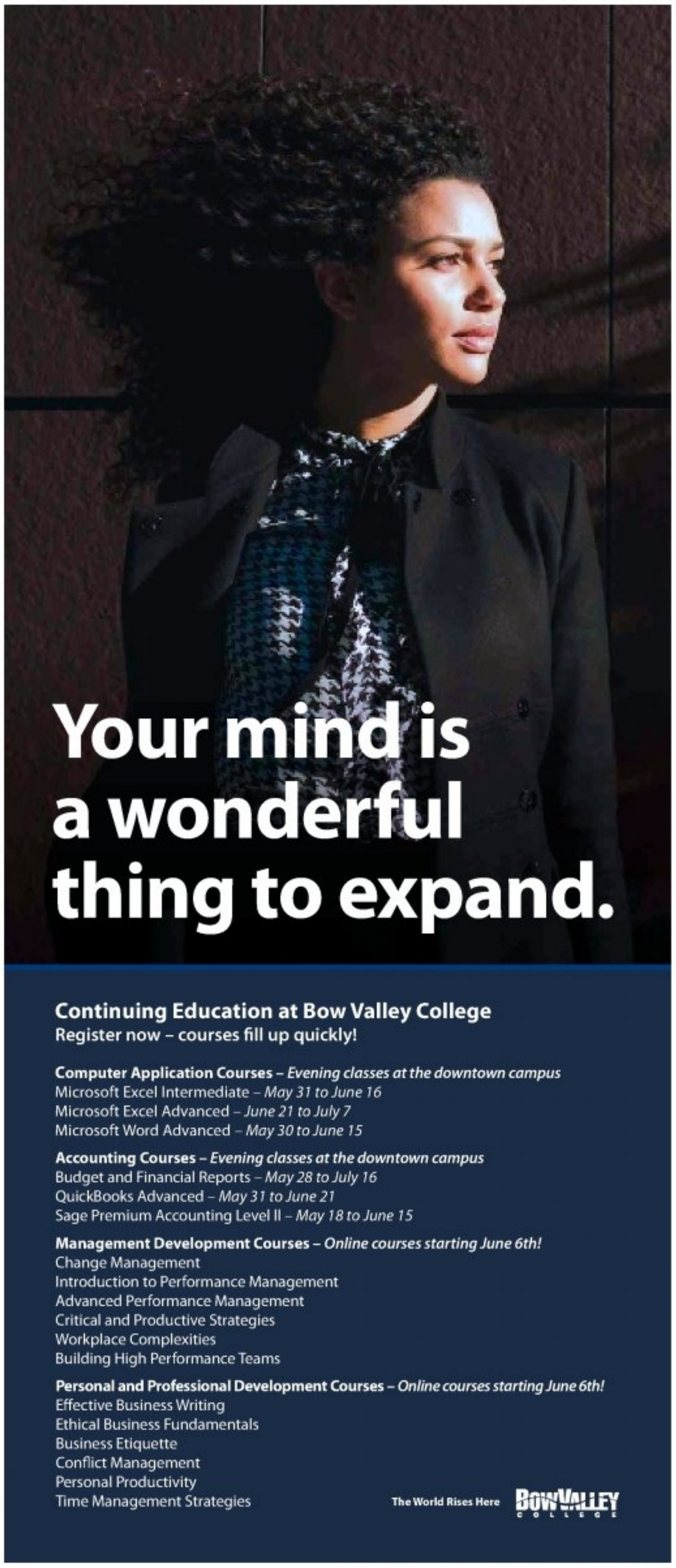
Even as he guided the media tour, Allen said he didn't want the spotlight to fall on him, refusing even to say the word "hero."

"I don't want this to be about that H word and Darby Allen," he said.

Allen said the real heroes of the community were the men and women on the front lines, including one local firefighter who found himself in a losing battle to save his own home.

Allen said when hope was lost for his house he didn't stop.

"He didn't drop his nozzle. He moved to his neighbour's house."



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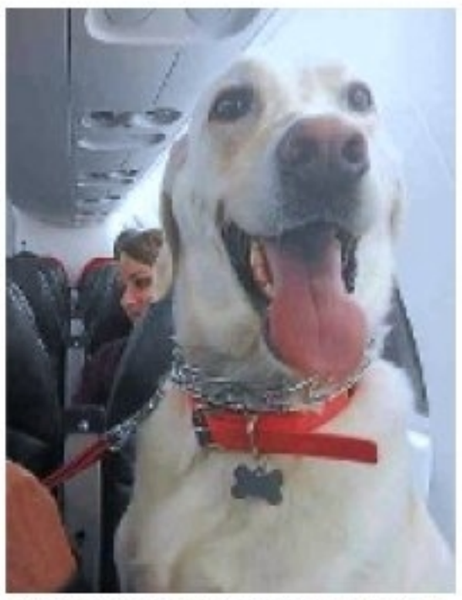
Pauline Gebbie holds a hedgehog during the massive animal expedition. COURTESY KEITH MANN



This pooch had his own seat during the flight to Edmonton.
COURTESY KEITH MANN

This pooch needed to be carried in a bag to make it out. COURTESY KEITH MANN

Pilot breaks rules to fly animals out

RESCUE

Many residents barred from re-entering city to get pets

Jeremy Simes
For Metro | Calgary

Pilot Keith Mann didn't think twice to break the rules and load his plane with more than 40 furry friends, after they spent a few days north of the fire-ravaged Fort McMurray.

More than 80,000 Fort McMurray residents were ordered to flee on Tuesday, leaving many without their pets as they were barred from re-entering the city due to the advancing wildfire.

Since then, owners and their fur babies have begun to reunite through ongoing animal rescue efforts after the flames subsided.

Mann, Suncor Energy's manager of flight operations, said it just made sense to fly his load of critters down south after they sought refuge north of Fort McMurray.

"We're all animal lovers here," Mann said. "We knew it was important for owners to re-connect with them."

For the past few days, Mann has flown about 6,000 people from camps up north to Calgary and Edmonton.

But one flight was a bit peculiar — it was like 101 Dalmatians on a plane, except it involved "cats, dogs, rabbits and chinchillas … you name it," Mann said.

Normally, Suncor planes only allow a few animals on a plane per trip, and they must be secured in a kennel, Mann said.

But that policy just didn't make sense given the circumstances, so he made the executive decision to load them all up. "I just said, 'No, let's do this,'" Mann said. "Everyone wanted to get out, so it didn't matter."

Once every critter and human was secured, the aircraft took off in what Mann described as a relatively peaceful flight.

"It was pretty quiet when we were up in the air," he said. "You could just tell everyone was so happy to be out of camp and on their way."

Two dogs had to be stored in the bathroom for the safety of the rabbits and chinchillas, Mann said, adding there was a pooch family of five that were huddled together.

"We just wanted to make sure some animals didn't get chewed up," he said. "I think they all got along pretty well."

The airplane then landed in Edmonton to much jubilation, Mann said.

"I didn't witness any reunifications, but it was just elation," he said. "You could tell everyone was happy to be out of there."

Though he didn't personally witness any reunions, many have already occurred. Last week, Allison Wiseman saw her dog Cuddles after she was left behind amid the blaze.

"She's mine now," Wiseman said last week. "I'm never putting her in this kind of danger again or letting someone else."

Mann's piloted a lot of flights in his career, though he said he never thought he'd fly an airplane-load of animals.

"It's definitely one of those things you never imagine yourself doing," he said with a laugh. "But I'm glad we did it."

> **We're all animal lovers here … We knew it was important for owners to re-connect with them.** Keith Mann

Fellowship on the front lines

EMERGENCY RESPONSE

Firefighters describe 'small victories' amid exhaustion

Lucie Edwardson
Metro | Calgary

Destroyed trucks sit in Fort McMurray's Beacon Hill neighbourhood on Monday.
JONATHAN HAYWARD/THE CANADIAN PRESS

Dave Stirling and the other men of the ladder 4 Fort McMurray fire crew have been battling the wildfire since last Tuesday.

The wildfire has displaced nearly 88,000 people and has been estimated to cover upwards of 110,000 hectares — destroying the homes of thousands.

Stirling said it's a feeling of camaraderie that's motivating the crews, who are running on little sleep and have seen a lot of the city they love reduced to rubble.

"Just feeling tired," he said. "The sense of community and seeing all the brothers and sisters work together up here eases the pain."

Stirling said their sense of duty is propelling them during the hardest battle of their careers.

"We're doing what we love. We didn't chose this profession because of glory or fame," he said. "It's not just a job or a career, it's a life choice and everyone up here is doing what they in their hearts want to do — serve and protect."

As the fire continues to grow, Stirling said those on the front lines are doing what they can to keep motivated.

"We're just finding small victories and staying positive with the brothers and sisters all working together," he said. "It's s----y, but there's no sense dwelling on it. We all know it's an uphill battle, but we have a job to do."

> **"It's a part of the firefighting brotherhood."**
> Dave Stirling

As firefighters from other cities, provinces and even countries have arrived to help, Stirling said it's highlighted the fraternal nature of the brigade.

"Having the brothers and sisters fighting alongside us from all over is a huge support and means the world to us," he said. "We can't thank them enough for the sacrifices they're making for us."

"It's a part of the firefighting brotherhood — it's a huge worldwide family," he added. "It's too bad it takes an emergency like this for everyone outside of our community to see that."

Austen Tanney, a firefighter from High River, described the fire as "desperate," but said things are beginning to look up.

"The conditions are improving with visibility increasing but the winds have increased fanning the fire further east," he said.

"I'm just proud of our province in coming together and I'm thankful for the opportunity to be here making a difference on the front line."

‘Hard work’ saves 90% of city: Notley

INFRASTRUCTURE

Update puts buildings lost at 2,400

Alberta Premier Rachel Notley says the “ocean of fire” that hit Fort McMurray burned about 10 per cent of the buildings, but the hard work of firefighters saved the bulk of the city so it can be rebuilt.

“The fast action and the hard work and the dedication and the smarts of these first responders has, it appears, saved almost 90 per cent of the city of First McMurray,” she said Monday after a ground tour of the devastation.

All 80,000 residents ordered out last Tuesday will have to wait at least two weeks to hear when they might be allowed to return.

Regional fire Chief Darby Allen said the speed and rapid growth of last week’s wildfire was unprecedented.

“I truly believe nothing else could have been done that wasn’t done to protect the people and the structures within our city,” said Allen. “They’re rewriting their formulas on how fires behave based on this fire.”

Notley said 2,400 buildings were torched, but 25,000 were saved, including the hospital, municipal buildings and schools.

Much of the downtown and the water treatment plant are also intact.

“This city will emerge from this emergency with real structural resiliency with most of its critical infrastructure saved,” said Notley. “This city was surrounded by an ocean of fire only a few days ago, but Fort McMurray and the surrounding communities have been saved and they will be rebuilt.”

THE CANADIAN PRESS

Rachel Notley speaks at the Fort McMurray fire department on Monday as fire Chief Darby Allen looks on. THE CANADIAN PRESS

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EXPERTS

Wildfire could leave toxic legacy

Danger from the Fort McMurray wildfire that has destroyed entire city blocks in the northern Alberta city won’t end when the flames stop.

Research from California fires that have burned through homes and communities suggests such blazes leave a threatening legacy of caustic ash and toxic heavy metals.

“There’s no doubt, it is hazardous,” said Scott Stephens, a fire scientist at the University of California Berkeley.

California has sad experience with wildfires raging through urban areas. Every summer, said Stephens, the state loses homes to marauding flames from the woods.

Wildfires big and bad enough to force their way into communities are generally hot enough to burn off hydrocarbons such as vinyl siding, nylon carpets or household chemicals.

“Fires really do incinerate most of that material,” Stephens said. “No doubt that has an impact on air quality, but the vinyls, the tires, the materials that you’d never think would burn ... most of that stuff is gone.”

House fires can burn for more than an hour at temperatures reaching 1,500 C, he said.

“You’ll look and try and find your dishwasher or your refrigerator. You might find its motor, you might find a few things, but a lot of it has just disappeared.”

But the ash left behind poses real threats.

The U.S. Geological Survey found ash left after California’s home-destroying wildfires in 2007 and 2008 was far more alkaline than ash from wood fires. Mixed with water, the ash was almost as caustic as oven cleaner.

It was also significantly contaminated with metals, some of them toxic. Arsenic, lead, antimony, copper, zinc and chromium were all found at levels exceeding Environmental Protection Agency guidelines.

Ash particles from urban-wildfire blazes tended to be smaller and more easily inhaled. Both arsenic and hexavalent chromium — a form of the metal known to cause lung cancer — were more readily taken up by lung fluids than they were in water.

THE CANADIAN PRESS

400

Alberta’s last experience with a forest fire destroying homes came in Slave Lake, where more than 400 homes and other buildings were levelled in 2011 — about one-quarter as many as were burned in Fort McMurray. The ash from that fire was disposed of as hazardous waste.

The charred remains of a tree stands over the Beacon Hill neighbourhood of Fort McMurray on Monday. AFP/GETTY IMAGES

Father, son finally reunite

MISSING

Fort McMurray man feared dad trapped in city's rubble

Jeremy Simes
For Metro | Calgary

Two days after the Fort McMurray wildfire destroyed much of the city, Dion Hasad had no idea if his dad, Ken, was still trapped among the rubble.

"While we were fleeing, I called my dad and said, 'Dad, get out now. Get out now,'" Hasad recalled, adding his father has a form of dementia.

"He was like, 'No one has evacuated us.' And I was like, 'I can't come back downtown because they won't let me in.'"

Dion's friends also waited outside Ken's driveway, hollering at him to come down and escape. But they also had to flee.

Dion Hasad, right, was worried his dad, Ken, didn't make it out of Fort McMurray as the city began to burn. COURTESY DION HASAD

It wasn't until the very last moment that Ken hopped in his old pickup and left for Anzac, after noticing the city was in serious trouble.

At that point, Dion said he had no idea if his dad was safe, so he posted that Ken was missing on Facebook.

"That's where panic kicked in," he said. "I can't find my dad, and I don't know if he's being stubborn as usual or if he was seriously stuck.

"I just kept saying, 'I need to find him. I need to find him.'"

Turns out Ken had a few bumps while making his way to Anzac.

Dion said he ran out of gas in Wandering River, but that didn't stop him from meeting other evacuees and lending a helping hand.

"A guy who saw my Facebook post called me and said, 'Your dad gave us a jerry can of gas. He's all right," Dion said. "I was like, 'OK, good — he's being the normal warm-hearted guy most people know him to be.'"

Dion then called a friend in the area to pick Ken up and drive him to Cold Lake.

"He didn't say much. It was just a hug and a thank you," Dion said. "I'm the oldest sibling, so it's my job to deal with these things."

Dion said he's scheduled to volunteer with the relief effort when officials re-open the city to residents. "Fort Mac Strong. God bless," he said. "Materials can be replaced. I just thank you to all the first responders out there."

HOUSING

Evacuees get special terms

Helen Pike
Metro | Calgary

Landlords in Calgary are stepping up for a possible influx of evacuees.

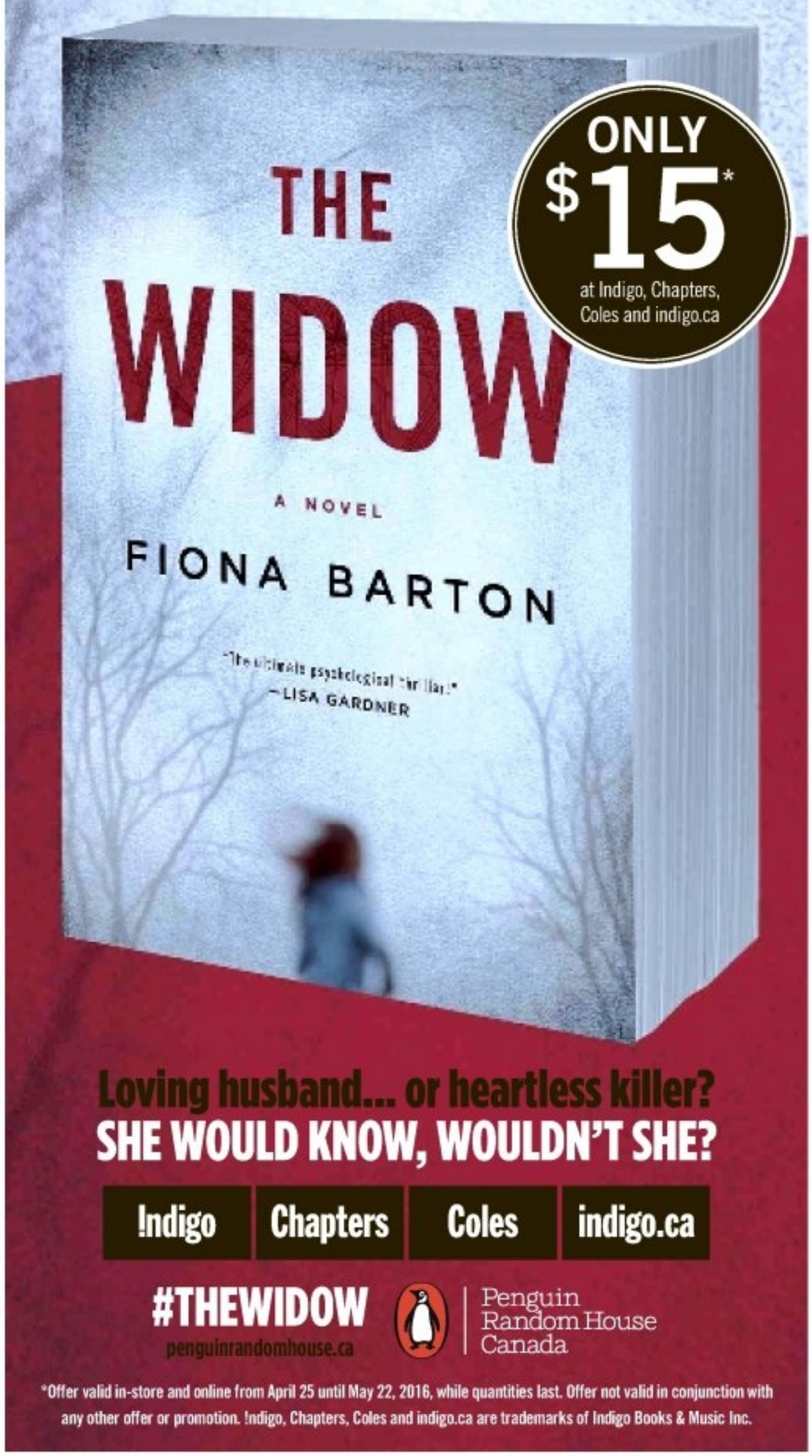
According to the Calgary Residential Rental Association landlords are looking for ways to welcome new tenants, even if it's for a short period of time.

Gerry Baxter, executive director of the association said Calgary's rental market can handle the influx, and many of his members are already stepping up to help.

Baxter said some members are offering two months free rent, others in Calgary and Edmonton are waiving or minimizing their damage deposit fees, getting rid of lease break fee clauses, three-to-five-day stays and even month-to-month stays.

"You can leave when you want, which is typically unheard of in the rental market," said Baxter.

"If you liked GONE GIRL and THE GIRL ON THE TRAIN, you might want to pick up THE WIDOW... ENGROSSING. SUSPENSEFUL."
-STEPHEN KING



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A burned out car is shown in the Beacon Hill neighbourhood of Fort McMurray during a media tour of the fire-damaged Alberta city on Monday. RYAN REMIORZ/THE CANADIAN PRESS

Insurance firms ramp up service

DAMAGE

Extra agents brought in to handle claims

Brodie Thomas
Metro | Calgary

At evacuee camps across Alberta — next to representatives from the Red Cross and Alberta Health Services — insurance agents are also setting up tables.

Bill Adams, regional vice president for the Insurance Bureau of Canada, said representatives from the IBC are set up at Lac la Biche and at Northlands in Edmonton. They are making plans to set up in Calgary this week.

Insurance companies have even been bringing in employees from other parts of Canada to help process the flood of claims they are expecting.

Adams' advice to anyone affected by the wildfires is simple — open a claim.

"You'll be in the queue," he said. "The longer you wait – the more difficult it's going to be."

He said insurers are trying to get a handle on the numbers, and they won't be able to really do that until they find out how many claims they are dealing with, and get in to assess the damage.

Some companies are going out of their way to start collecting that information. Intact Insurance, the largest home insurance company in Canada, said in a release Monday it has used satellite technology to assess homes that were a total loss.

Intact alone is estimating an after-tax net loss of $130 to $160 million.

IBC, on the other hand, isn't releasing any numbers until they can get adjusters in to see the damage.

"We don't speculate – we wait until we have hard facts," said Adams.

Adams said for homeowners, everything depends on the plan they purchased, but he said for total loss coverage, insurers will help them through the entire process - from debris removal to drafting plans to the rebuilding.

$160 million

The after-tax net loss that Intact alone is estimating.

He said there may be people who will decide not to return to Fort McMurray. In that case, they're not obligated to rebuild.

"Insurers will have a way of calculating what the actual cash value of the home was," he said.

He added that the person would sill own the building lot.

Adams expects that just about every home in the city will have smoke damage – something that is generally covered under most policies.

As for vehicles, he said unless a vehicle was an older model with basic insurance, burnt-out vehicles will be replaced. "The vast majority of Albertans have this coverage," he said.

> "You'll be in the queue ... The longer you wait — the more difficult it's going to be."
> Bill Adams, Insurance Bureau of Canada

‘Many heroes’ at hospital

EVACUATION

Staff mobilize ahead of alert to defend most vulnerable

Alex Boyd
Metro | Edmonton

With an out-of-control wildfire raging all around, staff at Fort McMurray's only hospital put aside concerns about their families to ensure 73 patients were moved to safety.

“There was a huge internal struggle for many of us, myself included, to stay at the hospital and get the patients out and focus on the job,” said Pam Lund, executive director and manager of the ICU at the Northern Lights Regional Health Centre, in Edmonton on Monday.

A few had to leave, and emotions ran high for those who remained. One nurse got into an ambulance to cry, then went back to work, Lund said.

> **Even the babies didn’t cry.**
> Monique Janes

Throughout, patient safety remained the No. 1 priority.

“Not easy to do when your kids are out there, but there were many, many heroes among us that were able to focus,” she said.

Even as tens of thousands were evacuated from Fort McMurray last Tuesday with few injuries — two people were killed in car accidents — the hospital stands as a remarkable success story.

In just a few hours, staff packed up 73 patients — including 32 continuing-care patients and nine infants — with their charts and medication and loaded them onto buses for a seven-hour trip to Firebag, where they stayed for a night before flying to Edmonton on Wednesday.

Senior operating director David Matear said they knew early on they’d have to be ready. Other areas of the city got as little as 30 minutes notice, and staff knew that wouldn’t be enough time to get their most fragile patients ready to go.

“We had to assume that if that was going to affect the hospital in any way, that we were very, very proactive,” he said.

She said the staff’s sense of purpose extended to patients, who never complained.

“Even the babies didn’t cry. It was just magical to see people changing these babies, bundling them up and putting them with their moms and getting them ready,” she said. “It was really touching.”

Staff evacuated the Northern Lights Regional Health Centre before fire bore down last week. The hospital is pictured here during Monday’s media tour of the empty city. RYAN TUMILTY/METRO

SHELTER

No room so stay put, say officials

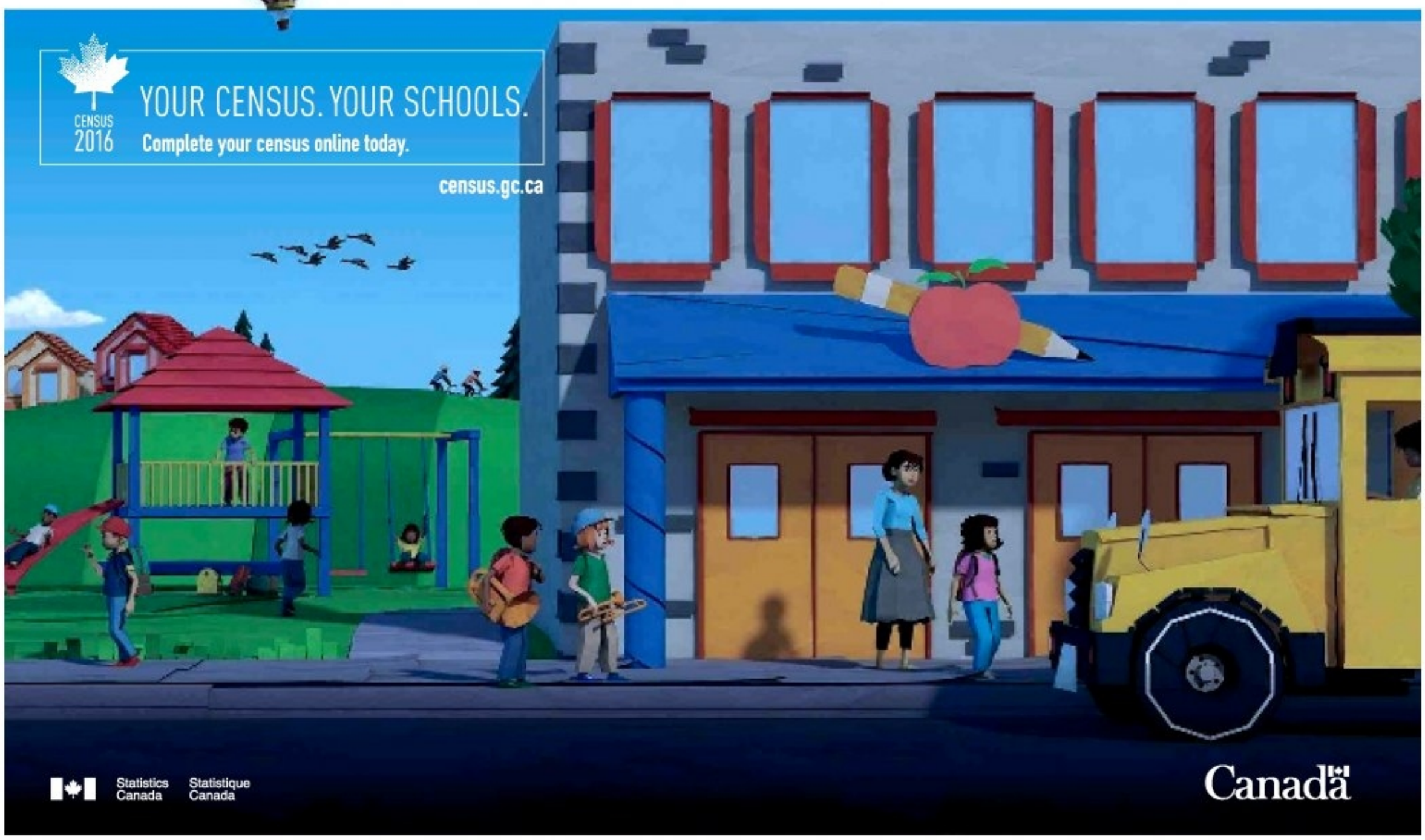
Helen Pike
Metro | Calgary

If you’re travelling to Calgary from Edmonton for private shelter — don’t. You’ll be spending the night with hundreds of your closest friends.

Calgary’s post-secondary institutions have about 200 spaces left for those fleeing Fort McMurray before the dorm-style rooms are exhausted and group lodging is engaged. So far, the city has more than 2,000 Wood Buffalo-area evacuees.

The rumour mill in northern camps has Calgary Emergency Management Agency boss Tom Sampson setting the record straight: by the time you drive to Calgary from Edmonton, there won’t be any private spaces left.

“I would strongly encourage you, if you’re an evacuee and you have a place to stay, stay there,” said Sampson.



Gretzky collector loses enthusiasm

MEMORABILIA

Hobbyist saved jerseys, rookie cards from fire

He saved precious hockey memorabilia from the flames, but one of Canada's biggest sports collectors says the Fort McMurray fire may have cost him his hobby.

"I don't know that collecting means as much to me anymore," said Shawn Chaulk, who was once called the Wayne Gretzky of Wayne Gretzky collectors.

It includes dozens of game-worn jerseys and sticks, some worth up to $20,000. He has more than 100 Gretzky sticks from one used in the 1978 world junior tournament to one used in Gretzky's last game with the New York Rangers in 1999.

The list includes gloves and helmets worn during Stanley Cup victories and regular-season games, skates replete with scuffs and repairs and replica Stanley Cups once owned by former Oilers owner Peter Pocklington, who is still reviled by some Oilers fans for trading Gretzky to the Los Angeles Kings in 1988.

The situation put a whole new meaning on the question: What would you take if your home were on fire?

As his wife and children threw clothes and toys into suitcases last Tuesday during Fort McMurray's evacuation, Chaulk was downstairs with an associate trying to figure that one out.

"I dumped my safe and took things like Gretzky rookie cards.

> They're liquid and we could need the money to rebuild.
> Shawn Chaulk

I opened two hockey bags and put them on the floor and said, 'Start filling 'em.'

"I was ripping jerseys out of display cases and off hangars at a speed I didn't know I could operate at — just throwing them at Mark and he was filling the hockey bags. We zipped up the two bags and that became it."

The choices were tough.

"The No. 1 collectible I took out of there was Gretzky's '84 Canada Cup jersey worn in the cup-winning game. And his stick," he said. "They're liquid and we could need the money to rebuild."

Eventually, the family left with about 50 jerseys and four Gretzky sticks Chaulk has willed to his children. They drained fuel from their lawnmower to get as much gas in the car as possible and fled north. The family will rebuild and move on, but Chaulk's not so sure about the hobby he loved.

"I'm not sure if I'm in the same frame of mind. Maybe I'm wrong. Maybe I'm just emotional. I don't know if I need to even focus on that anymore.

"Every hour that I put into collecting I take away from my family." THE CANADIAN PRESS

Shawn Chaulk poses with his collection of Wayne Gretzky memorabilia in Fort McMurray on April 16, 2013. Chaulk, one of Canada's biggest collectors of hockey memorabilia, says the Fort McMurray fire may have changed his attitude toward collecting. JASON FRANSON/THE CANADIAN PRESS

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How to weather tragedy

PERSEVERANCE

Slave Lake evacuee offers helpful tips to Fort McMurray

Alex Boyd
Metro | Edmonton

Until this week, when most Albertans thought of fires they thought of Slave Lake, and the days in 2011 when a wildfire destroyed a third of that town.

Mandy Larsson and her husband were among the approximately 7,000 residents forced to leave in what was then the province's largest-ever displacement.

Having fled with not much more than clothes, Larsson knew better than most what lay ahead for Fort McMurray evacuees. She took to Facebook this week with a post with advice that has now been shared almost 50,000 times.

QUESTION: You say, 'Don't open your fridge, just throw it out' twice. Learned that one the hard way?

ANSWER: (Laughs) No, we didn't! We were lucky. But we had friends who were like, 'Oh, it can't be that bad. I'll just plug it back in and in a few hours I'll open it back up again!' Yeah, don't do that.

QUESTION: You also talk about the mental strain. Any advice there?.

ANSWER: Take the hand that is being held out to you. All of Canada is reaching out a hand to help you. Don't be too proud, take that hand, accept that help, because that's what Canada does. And seek help mentally, get help to talk about it. See a professional.

QUESTION: What surprised you the most?

ANSWER: There were more community events that happened after the fire than before ... There was the idea that everyone is a neighbour, no matter what street you live on. I urge people from Fort McMurray to band together as a group and not let that go.

QUESTION: How long did it take to get back to normal?

ANSWER: Because we didn't lose our house there was a lot of guilt. You shouldn't have that feeling but you see those who have lost their home and you feel guilt because you didn't. It's the survivor syndrome. It was hard to get past that.

QUESTION: Did it change you?

ANSWER: It changed the materialistic ideas that a lot of people had. The things that you think matter? They don't matter as much after this. When you're out there and you don't know if your house is okay, it's not the costume jewellery or the clothes you bought last week that mater. It's the family pictures and the boots that my kids wore for the first time when they walked.

QUESTION: And you have advice for those who lost even those things?

ANSWER: Those photos that they lost, they'll still see those in their memory, and those family heirlooms and baby booties, they still exist in your heart. And just because they burned, don't let them burn away in your heart.

The smouldering remains of houses in Slave Lake, Alta., are depicted in a May 2011 file photo. THE CANADIAN PRESS

Mandy Larsson's house suffered $40,000 worth of damage in the Slave Lake fire. CONTRIBUTED

EVACUATED SCHOOLS

Students can opt out of exams

Lucie Edwardson
Metro | Calgary

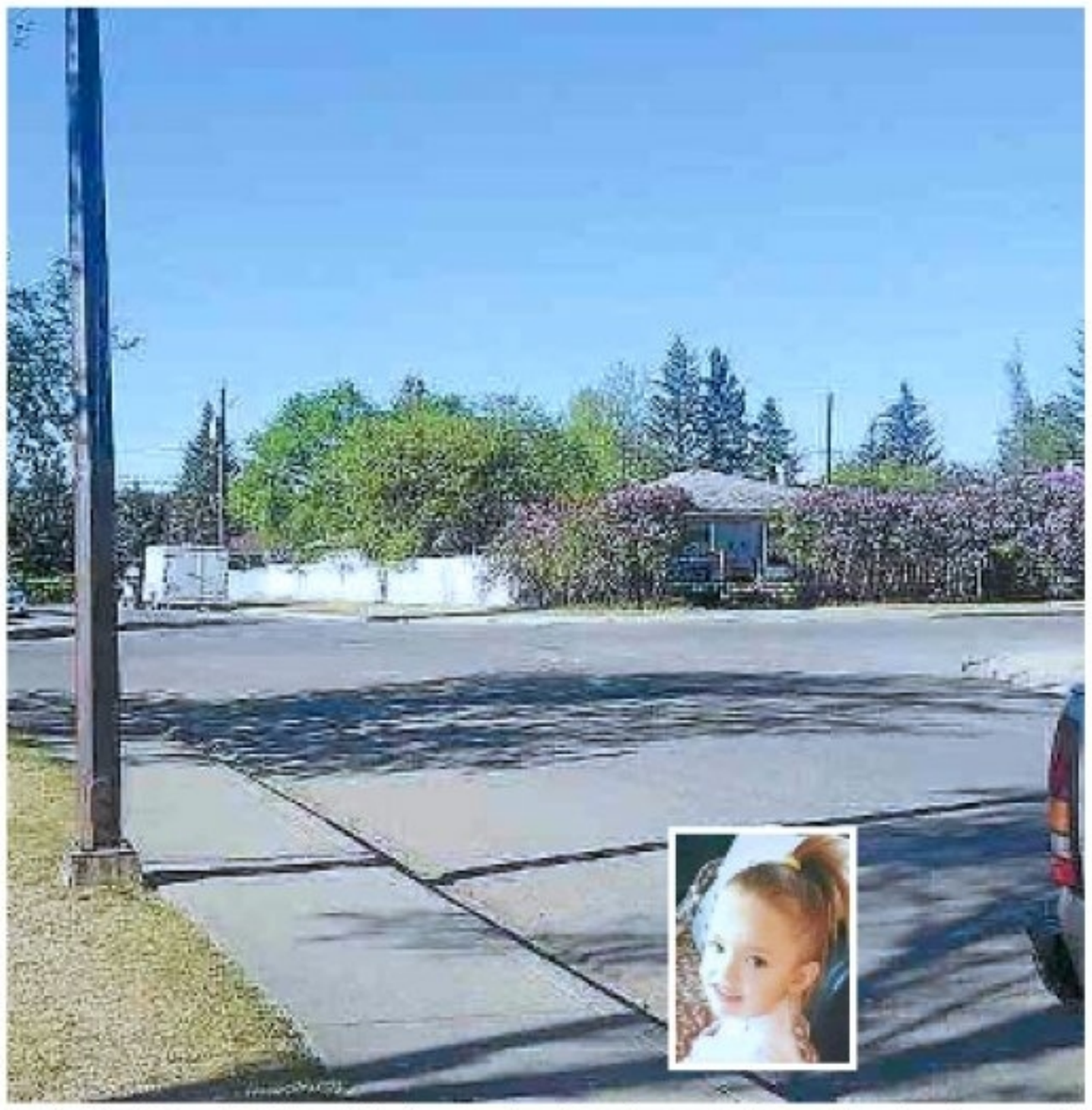
Education minister David Eggen said 12,000 students are out of the classroom due to the Fort McMurray wildfire evacuations.

Eggen said there were roughly 900 Grade 11 and 12 students signed up to write diploma exams — but due to the fire, they may now opt out.

"All of these students will be granted an exemption if they choose," he said.

If a student does wish to write their diplomas, they can do so by registering at testing centres in both Calgary and Edmonton at SAIT and University of Alberta.

4-year-old 'didn't run into street'



Family friend Crystal Parkin said the intersection where four-year-old Avayah Toulon, inset,was hit and killed has no visibility issues. No charges have been laid. CRYSTAL PARKIN/CONTRIBUTED

BOWNESS

Tot was crossing with siblings, say mom, friend

Lucie Edwardson
Metro | Calgary

The mother of a four-year-old girl who was killed in a weekend collision in Bowness said the story people are telling about how her daughter was hit isn't accurate.

"How it is being told is not how it was — that is just not how it was," said Sam Toulon, the victim's mother.

Four-year-old Avayah Toulon was hit by a truck Saturday at the intersection of 47 Avenue and 79 Street NW just after 8 p.m. Paramedics pronounced Avayah dead at the scene, citing traumatic head injuries.

Family friend Crystal Parkin said she spent the weekend with the family helping out in any way she could with the seven other Toulon children aged two to 22.

Parkin said online that people have been victim blaming and getting the story about the crash wrong.

"She was crossing at the corner with her siblings," Parkin said. "She did not run out into the street."

Parkin was told by the family that Avayah was run over twice by the truck.

"Even after realizing she had hit and ran over something and even with people screaming at her to stop, the driver kept going and hit her (again) with a back tire," said Parkin.

The family told Parkin they believe she would still be alive had the driver stopped on the initial impact.

Parkin also said reports that the family waved the driver on aren't accurate.

"Sam and Craig and none of the kids waved her through but (the driver) is saying they did," she said. "Which is ludicrous."

A police spokesperson said they don't anticipate laying charges in the collision, but said the investigation still hasn't been completed.

Police haven't confirmed any of Parkin's allegations surrounding the crash.

Parkin said visibility isn't an issue at the intersection.

"As you can see, there's nothing blocking the corner. There's a clear view," she said. "This was someone not paying attention."

Ward 1 Coun. Ward Sutherland said there have been no complaints about the intersection. Sutherland said he's personally been to the intersection and the city roads department has also taken a look at the corner and have found no visibility issues or any other reason to change the intersection.

"It's a very unfortunate and there's no one to blame and from my understanding from the police report it had nothing to do with speeding and nothing to do with not being able to see," Sutherland said.

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The Calgary Public Library plans to deter people from milling around outside the central building. JENNIFER FRIESEN/ FOR METRO

Loitering plan called unfair

PUBLIC LIBRARY

Solution is not hiding the homeless from view: Advocate

Brodie Thomas
Metro | Calgary

A plan by the Calgary Public Library to deter people from loitering outside the central library is drawing criticism from a homeless rights advocate.

Nigel Kirk, who is currently homeless, said it infringes on the rights of people without really addressing the problem of homelessness.

"It reinforces the idea that the solution to homelessness is either hiding it from public view or just moving them along elsewhere," said Kirk.

Kirk has seen other examples of buildings that have been re-engineered — at Rocky Mountain Plaza, and at the Centre Street CTrain station.

There he said artwork was placed on metal ventilation grates to keep homeless people from sleeping on them.

Ward 7 Coun. Druh Farrell said although she hasn't seen the design proposal from the library, she's OK with the idea.

"We're starting to see that spot as being a bit of a crime hot spot with drug deals and that sort of thing," she said. "That's not the homeless — that's people who are victimizing the homeless."

She notes that everyone — including the homeless — are welcome to use the library.

Kirk said as someone who regularly uses the library and has hung around outside – he's bothered by the plan on a fundamental level.

"If it was an apartment building or something I wouldn't necessarily support it but I could understand it because it's private property — but the fact that these are municipal facilities is what makes this disconcerting to me."

> **People's liberties should be respected.**
> Nigel Kirk

He said many people don't feel safe waiting around at the Drop-In, and the Mustard Seed does not allow people to hang around during the day.

"I encourage people to be productive with their day, but you can't force that onto someone. In the end we do have a certain amount of liberty that should be enjoyed, and people's liberties should be respected."

NORTHEAST CALGARY

Police, fire still investigating fatal blaze

Lucie Edwardson
Metro | Calgary

Calgary Police Service (CPS) said they're working with the Calgary Fire Department (CFD) to determine what caused a fatal fire that claimed the lives of five people over the weekend.

At approximately 1:30 a.m. on Saturday, CFD was called to a residential fire in the 100 block of Falchurch Crescent N.E.

Upon their arrival, fire crews found a fully involved house fire, which was spreading to a neighbouring property. The fire was quickly brought under control. However, the bodies of five adult men were recovered from the house.

Gurcharan Panesar was identified as one of the homeowners and his obituary was posted to Calgary Crematorium's website. Gurcharan's wife Sukhvir is also listed on title as a homeowner.

"Gurcharan Singh Panesar, beloved husband of Sukvir Kaur Panesar of Calgary, passed away on Saturday, May 7, 2016 at the age of 47 years. He will be dearly missed," it reads.

Neighbours Tim and Helga Moerike said the house that burnt down was a known problem house and said they'd seen police there before.

CPS said it's standard procedure in the event of fire fatalities to have police investigate whether the deaths are suspicious. Investigators are still interviewing witnesses and awaiting the autopsies of the victims, and therefore haven't yet determined if there is anything suspicious about the fire.

According to police, the autopsies are underway. CPS said the names of the other victims cannot be released unless the deaths are deemed criminal in nature. Anyone with information about the incident is asked to contact the Calgary Police Service non-emergency line at 403-266-1234.

Choosing the program that's right for you is a big decision. That's why SAIT offers information sessions — your golden opportunity to discover your program options, ask questions and sometimes, tour our campus. Our sessions are free and range in topic and timing. Details on all our sessions can be found on the events calendar at sait.ca.

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Join us on Tuesday, May 10 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.
Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

ENGLISH LANGUAGE FOUNDATIONS

We offer English language upgrading to help ESL learners live, work or pursue further education in Canada. Attend this session to discover how to get started at SAIT, learn about the English Language Foundations program, your funding options and what we can do to support your goals.

Join us on Wednesday, May 11 at 6:00 pm in Room NN108, Chinook Lodge Aboriginal Resource Centre in the Senator Burns Building.
For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.

ACCOUNTING OIL AND GAS PRODUCTION

Parents and Prospective students are invited to a free information session for Accounting Oil and Gas Production (CAPPA Certificate) program. Learn about this 35-week daytime program that includes a potential for a three month practicum. Graduates of this program are issued a certificate by the Canadian Association of Petroleum Production Accounting (CAPPA).

Join us on Thursday, May 12 at 5:00 pm in Orpheus Theatre, Campus Centre, SAIT Main Campus.
Call 403.284.8818 or Email aogp.info@sait.ca to confirm your attendance or for more information.

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BIRTH

Natural quads beat the odds

An Alberta couple will have added reasons to celebrate when they mark their first wedding anniversary next month.

Bethani and Tim Webb of Hythe, 500 kilometres northwest of Edmonton, became the parents of four identical baby girls on Friday.

The naturally conceived quadruplets were delivered by caesarean section at an Edmonton hospital.

The Webbs were told by a nurse during the pregnancy that the odds of having natural quads are one in 67 million.

Alberta Health Services says Bethani is recovering well from surgery and the babies are being cared for in the neonatal intensive care unit.

The girls are named Emily, Grace, McKayla and Abigail and weigh between three pounds and four pounds, one ounce.

THE CANADIAN PRESS

IN BRIEF

Man accused in stampede stabbing to stand trial

A man accused in a death during last year's Calgary Stampede has been ordered to stand trial. Rinato Toy, 21, faces a charge of manslaughter. Zakariah Abdow, 25, was knifed during a confrontation between two groups on the stampede grounds on July 9. He was taken to hospital in critical condition and died more than two months later. Alberta Justice confirms Toy was ordered last week to stand trial on the charge. A date has not been set.

THE CANADIAN PRESS

Patient care co-ordinator Elizabeth Winans is part of an initiative aimed at reducing hospital stays and improving outcomes. Jeremy Simes / For Metro

Clinic gives patient care a check-up

HEALTH

Calgary West Central PCN to hire 50 care co-ordinators

Jeremy Simes
For Metro | Calgary

One of Calgary's largest family clinic operations is launching an initiative that doctors say will reduce hospital stays and improve overall patient health.

After it was reported the Calgary West Central Patient Care Network had laid off staff, clinic staff said they have introduced patient care coordination to improve outcomes, which will see more than 50 patient care co-ordinators hired among the 25 currently staffed.

Dan Doll, executive director with the Calgary West PCN, said the hiring of patient care co-ordinators is part of the network's shift in direction.

"We had clinical professionals that were doing excellent work," he said. "But again, the discussion was how do we do the most that we can for the greatest number?"

The answer, in part, was patient care coordination, which lets health care workers identify patients' health care needs by enhancing screening processes to better understand their medical history. Health care workers then develop action plans.

Dr. Margot McLean, who sits on the PCN's board of directors, said the initiative improves patient outcomes while also being preventative.

> **It keeps people out of hospital. It saves money, ultimately.**
> Dr. Margot McLean

"It keeps people out of hospital. It saves money, ultimately," McLean said. "When we first started checking our data, about 40 per cent of our diabetics were at target. Now (with this initiative), we can say 80 per cent of them are at that target.

"We're making a difference."

The co-ordinators will be able to let clinics know if they're doing a better job, Doll added.

The PCN plans to finalize the initiative by the end of the year, Doll said.

ELBOW RIVER

City staff warn of planned flood

Helen Pike
Metro | Calgary

The City of Calgary is warning citizens of a flood they're orchestrating on purpose.

On Tuesday, parts of the Elbow River will be flooded in a controlled release of water to prepare the Glenmore Reservoir for the months of May to June where flooding risk is high.

"That risk is driven primarily by widespread heavy rainfall," said Frank Frigo, Senior Planning Engineer, Water Services. "In normal preparation for this the city will be releasing water tomorrow. Calgarians will notice additional staff taking measurements…which will then be used to inform and refine our emergency response plans for potential flood situations."

This will prepare the reservoir for the upcoming "high flow" season. There will be a high stream flow advisory placed on the lower Elbow River and it's recommended not to navigate or "conduct activities" close to the river.

Frigo said some people may want to rethink bike or walk commutes, especially if the paths taken are underpasses, or close to the river. Water levels will be rising by about a metre — this is significantly less than any flood-event would trigger and isn't high enough to cause significant damage.

"Heed the pathway closure signs and barricades," Frigo said. "Primarily it's where pathways pass underneath existing bridges."

He said, for example, the Lindsay Park area will be closed along with pathway beneath the 2 Avenue bridge.

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From ukuleles to beat boxing

CULTURE

Arts Commons unveils lineup for the next 12 months

Aaron Chatha
Metro | Calgary

Jennifer Johnson likes to think of each Arts Commons new season as one of the biggest and best music festivals in world.

"What I'm thinking of is how to compile what would be an incredible international lineup — and then spread it out nicely over the course of the year," said the Arts Commons director of programming.

And it is a pretty dense assortment of musical acts — the 2016 – 17 schedule, announced Monday, included 16 shows, which range from jazz to blues to world music.

One of her favourites is also one of the first acts of the new season: Trombone Shorty and Orleans Avenue is a funk group who improvise in their jazz roots.

"He's spunky and just takes the concept of what jazz is to another level," said Johnson.

For those wanting to see a show with some old school flair, Bobby McFerrin, the man behind the 1988 hit Don't Worry, be Happy, will touch down with his incredible vocal skills.

"Before beat boxing was beat boxing, he was doing polyphonics with his voice," Johnson explained.

For something a little more off-centre, but still exceptional, Jake Shimabukuro will be exploring the versatility of a relatively simple instrument.

"He does with a ukulele what people expect Hendrix or Eric Clapton to do with guitars."

Shimabukuro became an online star after doing covers of Bohemian Rhapsody, Ave Maria, and While My Guitar Gently Weeps.

In addition to the musical acts, Arts Commons also continues their National Geographic Live series, which Johnson said appeals to the natural curiosity of Calgarians.

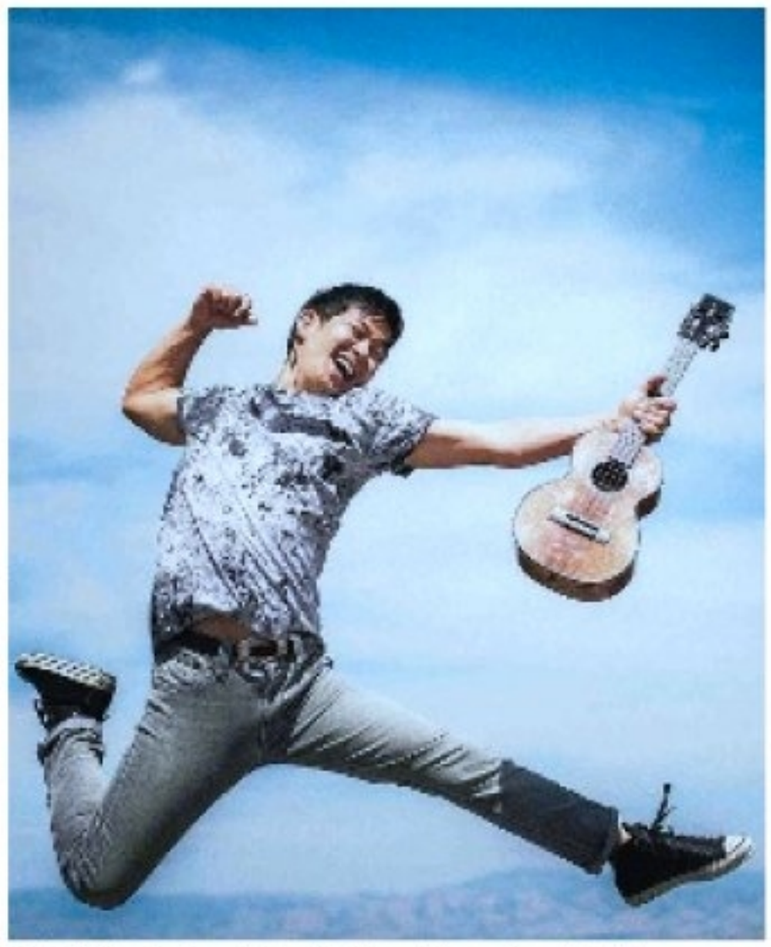
World photographers share their favourite photos — and stories — as part of the series.

"Charlie Hamilton James, he flies to a rain forest in Peru and then finds out that there's an illegal cocaine plantation on it," Johnson said.

"So you're getting this incredible story of environmentalism and caring for our planet, combined with this sense of travel and adventure."

For more information, visit artscommons.ca.

> **What I'm thinking of is how to compile what would be an incredible international lineup — and then spread it out nicely over the course of the year**
> Jennifer Johnson



Jake Shimabukuro takes the four strings of a ukulele to new heights — and comes to Calgary for a solo performance.
COURTESY COLEMAN SAUNDERS

SUPPORT SERVICES

Half a century of impact

The city marked 50 years of the Family & Community Support Services (FCSS) program in Alberta with a celebration on Monday.

The FCSS program provides sustainable funding for ongoing prevention programs, and many of the agencies that receive the funding were there for the event.

"The collective impact of the program is nothing short of astonishing," said Mayor Naheed Nenshi.

"For 50 years, we have been working hard to fund the services and programs to help people build their skills and resiliency to overcome challenges like poverty, homelessness, violence, addictions and mental health issues."

He said every dollar spent on prevention amounts to future savings of $5 to $13.

In 2015, Over 95,000 Calgarians were served by 133 programs in 75 FCSS-funded agencies.

METRO

Beni Johnson is executive director of the 10 at 10 experience.
JENNIFER FRIESEN/FOR METRO

Showcase for hip-hop

10 AT 10

Curated nights highlight talent from across Canada

Lucie Edwardson
Metro | Calgary

After nearly four years on the scene, 10 at 10 has become an epicentre for hip-hop culture in Calgary.

Beni Johnson, executive director of 10 at 10, said what started as a "loose-based open mic night," has turned into a curated show touching on all elements of hip-hop culture.

"We've developed into the hub of hip-hop in the city, more than just a one-off showcase," he said. "On the night of 10 at 10 we celebrate the five elements of hip-hop."

Johnson said the showcase highlights 10 emerging hip-hop artists from Calgary and elsewhere in Canada on stage, hosts an all-styles dance competition, and allow artists and designers to show off their work in the marketplace.

"The one thing to note is that hip-hop definitely for us is not just rap or rap culture, it's a full embodiment of a culture that's one of the most prominent cultures on the planet," he said.

Jordan Hone, a local rapper/singer and songwriter has performed at two 10 at 10 showcases, and said the event gives artists the opportunity to get on stage and build confidence in their craft.

"When you're up there you see you can actually do it so you gain confidence from the feedback you get from the audience," he said.

He said 10 at 10 is an embodiment of the hip-hop culture.

"It's huge because it brings together everybody who is involved with hip-hop in the city," he said.

The next 10 at 10 monthly showcase takes place Wednesday, May 11, at Commonwealth Bar and Stage. The show begins at 9 p.m. and tickets are $10.

Hone's new mixtape, Music On My Mind — a collaboration with local DJ Marco Molinari, who goes by DJ Cones — drops May 24.

KINSMEN

Hospital lotto reflects economic reality

There was some talk of cancelling the Kinsmen Lotto for the Alberta Children's Hospital this year.

Sean Libin, chair of the Kinsmen Care Foundation, said the economic downturn has taken its toll on all Albertans, and the idea of holding off was discussed.

But instead, the Kinsmen decided to change the lottery prizes to reflect the times.

"We're not giving away a big diesel truck and fifth wheel with a toy hauler for an early bird prize this year like we did last year," said Libin.

Instead, he said, the early bird prize will be a $240,000 cash prize spread out over five years — meaning the winner gets $4,000 per month, tax-free.

When it comes to the vehicle prizes, winners will get to pick from three choices.

If the 2016 two-door Camaro isn't practical, the winner can instead opt for a Buick Regal or a GMC Denali SUV.

Instead of a single luxury mansion, the Kinsmen have partnered with Homes By Avi to build two grand-prize homes with a total value of $1.7 million. One is in Walden and the other in Nolan Hill.

"You can be sure that people are making practical decisions this year, and so are we," Libin said.

Ticket prices are now $50 each, which is half of what they cost last year.

Deals are offered for those purchasing multiple tickets.

In 23 years, the lotto has raised $27.8 million for the Alberta Children's Hospital.

More details can be found at www.homelotto.com.

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Canadians on Panama Papers list

OFFSHORE FINANCE

Identities of those involved available and searchable

The secret identities of the people behind more than 200,000 anonymous offshore entities found in the Panama Papers have been made public.

The International Consortium of Investigative Journalists (ICIJ), and its only Canadian partners, the Toronto Star and the CBC, have released a searchable database of the companies, trusts and foundations online.

The data comes from the controversial Panamanian law firm Mossack Fonseca, one of the biggest players in the grey zone of offshore financing. The information includes the names of directors, shareholders and beneficial owners — the real owners of a company, even though their names might not appear on the shareholder register — kept secret by confidentiality laws in tax havens. This is basic information that would be public if the corporations had been registered in more transparent jurisdictions.

The Panama Papers leak was originally received by the German newspaper Suddeutsche Zeitung. It shared the 11.5 million documents with the ICIJ and select journalism partners under the understanding the material was of great public interest.

The database reveals the true owners and directors of the offshore firms, but does not include records of bank accounts and financial transactions, emails, passports, other correspondence and phone numbers, the ICIJ said.

TORSTAR NEWS SERVICE/ THE ASSOCIATED PRESS

From left, Rashid Hassan, Waida Hassan, Evin Bilel, Neda Bilel, Hamud Hawar and Mohammed Arous, all from Syria, pose for a portrait near a makeshift camp at the northern Greek border point of Idomeni, Greece. GREGORIO BORGIA/THE ASSOCIATED PRESS

XENOPHOBIA

UN seeks to reframe refugee crisis

A new UN report aims to reframe the way many countries deal with refugees and migrants, creating a responsible and predictable international system to handle them at a time when their numbers are at the highest level since the world body began keeping track.

The report was written in preparation for a high-level meeting in the General Assembly on Sept. 19 to address the issue of large movements of refugees and migrants.

"One of the thoughts behind what we were doing was to change the narrative on refugees and migrants because part of what's happening now is that people are afraid they're terrorists or they're criminals or they're taking their jobs," said UN Special Adviser on the Summit on Addressing Large Movements of Refugees and Migrants Karen AbuZayd. "The goal of the report is to create a better response to large movements of refugees and migrants for the benefit not only of those on the move but for those who accept them."

AbuZayd points out that contrary to xenophobic rhetoric sparked by influxes of displaced peoples, migrants are often the most productive members of society.

"Overwhelmingly the statistics show that refugees and migrants contribute to, make a positive impact as soon as you put them to work and it helps not only your country that has taken them in and it helps with the countries back home, too, because of the questions of remittances and things," AbuZayd explained.

The report recommends that UN member nations vote on two global compacts — one involving responsibility sharing for refugees, with countries asked to resettle at least 10 per cent of the global refugee population; and another compact strengthening global governance of migration. It also calls on the UN to lead a global campaign to counter xenophobia. THE ASSOCIATED PRESS

IN BRIEF

Judge says 'El Chapo' extradition may proceed

A federal judge has ruled that the extradition of drug lord Joaquin "El Chapo" Guzman can move ahead, Mexico's Judicial Council said Monday. But the country's Foreign Relations Department must still approve it, and the defence can appeal.

The Foreign Relations Department has 20 days to decide whether to approve Guzman's extradition to the U.S.

THE ASSOCIATED PRESS

U.S. ELECTION

Trump's tone same old

For Donald Trump, party unity is a good thing. But he's making clear he won't change his views or soften his rhetoric to get it.

"Look, I'm going to get millions and millions of votes more than the Republicans would have gotten" without me, Trump said.

In other words, get on board or get out of the way.

It's a risky calculation for a presumptive Republican nominee who will likely go up against Hillary Clinton, a seasoned campaigner. But to Trump supporters like adviser Paul Manafort, shrugging off hostility from party insiders is something Trump can afford to do. "The important thing to remember is the national titular head of the party is the nominee of the Republican Party," Manafort said. Trump "just won that overwhelmingly, faster than anybody in Washington thought and running as an outsider against Washington."

Trump moved from presidential front runner to presumptive nominee last week when he crushed rival Ted Cruz in the Indiana primary, and Cruz dropped out of the race.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

ROSEMARY WESTWOOD

ON THOSE WHO LOST EVERYTHING

Anyone watching Fort McMurray would have wondered: 'What would I take? What would I leave?' 'It's just stuff,' you might have told yourself. But that is not true.

The mass exodus from Fort McMurray last week was marked, in part, by tales of things.

What was hastily, even comically (in retrospect) gathered: clothing and a large clock; the stuffed bear head lifted from its place on the wall; half a blender and a watermelon; cheese slices and snow pants.

Then, what was left behind: "It's not fair," one woman, who had been living at a campsite before it was consumed by flames, told the CBC. "They didn't even let us take our things. We lost everything now."

It wasn't a euphemism. Speaking to a camera crew while the fire raged behind her, distressed and in tears, she had only the clothes in which she stood.

Anyone listening the radio the day after that hectic evacuation would have wondered: "What would I take? What would I leave?"

"It's just stuff," you might have told yourself, looking around at the jumble of items that articulate that most private landscape: the home.

But that is not true.

Yesterday, Alberta Premier Rachel Notley visited the scorched town to survey damage, reporters in tow. The visit will inform plans for residents' return. Swept out in a frenzy, people will soon begin to flow back into Fort McMurray. There will be something to return to: Hospitals, schools and the airport survived the blaze, as did many homes. But much will have changed, and much will be gone forever. Even neighbourhoods could be unrecognizable.

"You walk into these areas and you could have lived there all your life and you're completely disoriented," Ron Mattiussi, a Kelowna resident during that city's 2003 fire, told the CBC of the aftermath there. "All the landmarks are gone."

This idea, of a lost home, has preoccupied me since the crisis began.

"What is a home," a friend mused over the weekend, "if not the museum of your life?"

That has probably always been true, but perhaps never more so than now, when it can feel as though we live to consume. (You could argue we are consumers, then taxpayers, then a nationality, and then, perhaps, a gender, a race, an urban identity, a community member.)

You are what you own, and what could be more terrifying than losing it all?

Sex in the City's Carrie Bradshaw once snarked that shopping was her cardio. Just think how fit we'd be if people actually walked to stores: In 2011, the U.S. Commerce Department reported Americans spent $1.2 trillion on goods and services they didn't need. Yes, we're Canadians, but we also like our stuff.

That modern abundance has in turn spawned the age of minimalist Marie Kondo, who asks that you ascribe more than utility or fleeting affinity to your possessions, but a deep and abiding joy. And in this world, where, either way, you are what you own, what could be more terrifying than losing it all?

Speaking to the Atlantic magazine about the psychology of home, the environmental psychologist Susan Clayton called our domestic space a source of "self-definition." Where we live, and what we surround ourselves with, contributes to our identity. It can shape our routines, and we mold it reflect who we want to be.

Of course, those are both things — routines and a sense of self — that can change. Certainly, Fort McMurray's 80,000 residents have proven themselves nothing if not resilient. They are of course more than where they lived (or will live again, if they are among the lucky). Like all of us, their relationships undoubtedly matter most.

But we are nesting, possessive creatures. Our spaces remind us who we are — someone who likes these textiles, wears these clothes, drinks each morning from this mug, nurtures that plant, reads (or aspire to read) those books or magazines. Look around your private space, with all the talismans of your life, and then imagine it is all gone. Everything.

It is not the worst that could happen, but still. What a shock. What loss.

When crisis brings a moment of clarity

KLASZUS' CALGARY

Jeremy Klaszus

As we witness an overwhelming surge of generosity toward Fort McMurray residents, I keep thinking of something that happened to the American Catholic monk and writer Thomas Merton.

Standing in the middle of Louisville in 1958, Merton unexpectedly saw the world around him with new clarity.

"I was suddenly overwhelmed with the realization that I loved all those people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers," Merton wrote afterward.

He experienced his vision on an ordinary day.

Sometimes it takes a tragedy for us to see our connectedness so clearly. But see we do, in the aftermath of disaster. Albertans have shown it time and time again. It happened after the Slave Lake in 2011, the floods of 2013, and now the Fort McMurray inferno of 2016.

Story after incredible story reveals a deep awakening of compassion in people from all walks of life. Look at the newly arrived Syrian refugees in Calgary who put together hygiene kits for the people of Fort McMurray — people they've never met, but still know.

"We understand totally what they're feeling because we've passed through the same situation — we lost everything in just one second, maybe not from burning, but it still feels the same," refugee Rita Khanchat told Metro.

Then there are the Albertans who loaded up their trucks with fuel, food and baby formula to help people stranded on Highway 63.

Across the country Canadians are finding ways to help, opening their wallets for the Red Cross as a way to ease the suffering of the displaced.

These stories touch something deep within, calling us to respond in kind. In crisis, we stop jostling for power. Ego recedes. Politicians put aside gamesmanship for goodwill.

For a while, like Merton, we see people for who they really are.

"If only we could see each other that way all the time," he wrote. "There would be no more war, no more hatred, no more cruelty, no more greed."

Such vision doesn't last forever. Over time, it can easily give way to cynicism. But that doesn't diminish the power of what we're witnessing now.

"There is no way of telling people that they are all walking around shining like the sun," Merton wrote.

That may be true when your world is unexpectedly illuminated on an ordinary day.

But here and now, against the backdrop of extraordinary devastation and compassion, we can just out and say it.

Amid the darkness caused by the fire, people are full of light.

Jeremy Klaszus is a Calgary-based freelance journalist and stay-at-home dad.

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metro LIFE

Your essential daily news

E-cigarettes are sickening more children due to cases involving liquid nicotine swallowing

Battling anorexia as an adult

Support lacking for those facing high mortality rates of chronic disorder

Lisa Sheinfeld, 42, has battled anorexia nervosa off-and-on for two decades. VINCE TALOTTA/TORSTAR NEWS SERVICE

The dizzying combination of side effects hit Lisa Sheinfeld like clockwork.

Two hours after she'd taken her usual amount of laxatives on an autumn afternoon last year, the 42-year-old Thornhill, Ont., mother of three sat in a public washroom, sweaty and lightheaded. The pain, she recalls, was more intense than being in labour. To cope with her overwhelming nausea, she curled her thin body into a ball on the floor with a sweater bunched under her arm. It was an awful, all-too-familiar feeling.

And she'd done it to herself.

For two decades, Sheinfeld has been coping with anorexia nervosa, a chronic and deadly eating disorder. Anorexia has a typical onset in the early teens, but the stereotype of young women hoping to shed a few pounds doesn't tell the full story.

Around 150,000 Canadians have or once had anorexia, according to data in a 2014 federal report. Other research shows around 20 per cent of people who develop anorexia in adolescence or young adulthood have a chronic course, typically living with the disorder for a decade or more. Having an eating disorder throughout adulthood comes with distinct challenges, including few intensive treatment options, lengthy wait times, high mortality rates and the strain of also juggling a family and career.

For Sheinfeld, the disorder started in her early 20s when she first tried using laxatives.

The initial feeling of a flat stomach was "amazing," Sheinfeld recalls, but soon her family started noticing her frequent bathroom trips and weight loss.

After being diagnosed, she tried therapy and attended a treatment program in Toronto. It was like a detox, she says, and only lasted around three weeks.

At 29, she married her husband Rob. With children on the horizon, Sheinfeld knew her body needed to be healthy; the laxatives would have to go. For the next 10 years, the disorder seemed to be under control. Sheinfeld never used laxatives in the stretch when her three sons, now aged 9, 7 and 5, were conceived and born. But in April 2014, she says a "switch went off."

Sheinfeld bought a pack of drugstore laxatives — she can't recall why — and, in the back of her mind, she knew she was inviting a return. "It happened very quickly. I knew all the secrets. I knew how to lie," she recalls.

Sheinfeld lost 30 pounds in less than a year. "It's like I'm on a merry-go-round and I just can't get off of it," Sheinfeld says. "I want to but I can't."

Dr. Allan Kaplan, a senior clinician-scientist with the Centre for Addiction and Mental Health (CAMH), compares anorexia to an addiction. A trigger like depression or anxiety will lead someone to start using drugs, he says, but the symptoms of withdrawal causes them to continue.

"Someone who is in cocaine withdrawal or heroin withdrawal can't will themselves to not be in withdrawal. It's the same with anorexia nervosa — someone can't will themselves to be in control," says Kaplan, who has spent 35 years studying the psychobiology of anorexia and bulimia.

And that cycle can be deadly. Among the side-effects of anorexia, studies show ongoing weight loss can lead to osteoporosis, fertility problems and atrophy of the brain, and the suicide mortality rate of people with anorexia is one of the highest of all psychiatric illnesses, according to studies cited by the American Association of Suicidology.

The National Eating Disorder Information Centre suggests an estimated 10 per cent of people with anorexia will die within 10 years of the disorder's onset — a stat that jumps to 50 per cent for those suffering a chronic course, either because of medical complications or by suicide, Kaplan says.

But for adult sufferers, finding suitable treatment is difficult. Sheinfeld says she's been told her Body Mass Index is too low for certain treatment programs, while others have responded with months-long waiting lists.

"My hope is just to have a life," Sheinfeld says. "To have my life back."

The disorder affects how the brain communicates with the gut, says Dr. Angela Guarda, director of the Eating Disorders Program at the Johns Hopkins Hospital in Baltimore. People with anorexia feel full with less food, she says, and also have symptoms of a gastro-intestinal disorder, such as bloating, constipation and abdominal pain.

And while parents might be able to force a child into treatment, it's a different situation with a spouse.

Sheinfeld's husband can relate. Last fall, at a therapy session for families of people with eating disorders, Rob looked around the room — and all he saw were parents. "If your child is under 18, you can put them in a hospital as a parent. You can take things away from them," he says. "How do you do that with a 42-year-old? Am I going to take her car away, say she can't go out with her girlfriends? I can't do that."

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Gently down the stream

YOGA

Boat Pose is a fun and easy way to engage your core

YuMee Chung
Torstar News Service

Want to test the seaworthiness of your boat pose? Why not take it out for a spin on the open water? Floating your boat introduces a fun cardiovascular challenge to a yoga classic.

Float your boat

1. Stand in the shallow end of a pool. Your feet should be able to comfortably reach the bottom.
2. Keeping your head above water at all times, bring the legs up to create a V-shape with the body. Lift your chest, draw the lower back in and up, and squeeze your legs together. This is boat pose.
3. Now power up your craft by breaking above the water's surface with your two feet, and sculling with your hands to row yourself backwards.
4. Go for distance or go for time — staying afloat as long as possible before you touch the feet down.

Once you've gone out for a few training runs, you can invite your friends to a boat pose regatta. This is a great one to do with kids of all ages.

Core Competency

Although boat pose is commonly thought to be an abdominal strengthener, the key muscles are actually your hip flexors, mainly psoas major and iliacus.

If you feel a cramping in the front of your thighs in boat pose, you are likely relying on rectus femoris (part of the quadriceps muscle group) to help you hoist your legs.

As it turns out, rectus femoris isn't a very effective hip flexor due to its origin point low down on the pelvis — it really only gains its title as a hip flexor on a technicality.

When this muscle contracts in an attempt to flex the hip, its three other friends in the quadriceps muscle group also contract, but they are not equipped to do the job. The key to boat pose is learning how to recruit the best muscles to do the job and giving the accessory muscles a chance to kick back and enjoy the ride.

Above: a demo of the boat pose to see what it looks like above water. Below: How it looks when you're in the pool. CARLOS OSORIO/TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

EARLY DEVELOPMENT

Mothers may 'imprint' fetus for obesity: study

A new large-scale study published on Friday study has shown that excess weight gain or high blood sugar levels during pregnancy increases the child's risk of being overweight or obese, even in normal-weight babies.

Previous studies have already shown that excess weight gain and high blood sugar during pregnancy increase the likelihood of a heavy birthweight baby who is then more likely to become obese as a child.

However until this new study, by the Kaiser Permanente Center for Health Research, there was little research into the effects that these risk factors could also have on normal birth weight babies, who are born at weights between 5.5 to 8.8 pounds. After looking at the mothers during pregnancy and following the children from age 2 to 10, the team found that children of mothers who gained 40 pounds were 15 per cent more likely to be overweight or obese in the first ten years of life compared to children whose mothers gained less than 40 pounds.

Commenting on the results lead author Teresa Hillier explained, "When women have elevated blood sugar and gain excess weight during pregnancy, it seems to change the baby's metabolism to 'imprint' the baby for childhood obesity. We're not sure yet of the exact mechanism of this change, but it appears the baby is adapting to an overfed environment." AFP

> (Pregnancy weight gain) seems to change the baby's metabolism to 'imprint' the baby. Teresa Hillier

HEALTH BRIEFS

Sheryl Sandberg speaks out for single mothers

Facebook's No. 2 executive Sheryl Sandberg says she never realized how hard it is to be a single parent until her husband died a year ago. In a touching Mother's Day weekend post on Facebook, Sandberg says the odds are stacked against single moms. Many live in poverty, work two jobs or don't get paid leave to care for themselves or children if they get sick, she says.

She called on leaders to rethink public and corporate policies to better support single mothers. She didn't say whether anything will change at Facebook, where she is chief operating officer. Sandberg's husband, Dave, died in a treadmill accident a year ago while on vacation in Mexico. THE ASSOCIATED PRESS

Bearing witness for women everywhere

DOCUMENTARY

New series by Gloria Steinem explores global gender issues

For her latest project in pursuit of equality, Gloria Steinem is turning to television.

The feminist activist and author makes her debut Tuesday as producer and host of Woman, a documentary series on the Viceland network about gender-based violence and injustice around the world.

The series came out of a discussion with Vice Media chief Shane Smith, Steinem said.

When she told him how violence against women predicts and normalizes violence at all levels of society, he "responded in a very heartfelt way."

The result is eight short documentaries, all by young female journalists, each focused on an issue threatening women in a particular region of the world.

The first episode looks at the epidemic of rape as a tool and symptom of war in Congo, with more than 1.8 million victims over the last 20 years.

Future installments explore female guerrilla fighters in Colombia, child brides in Zambia, and the murder of indigenous women in Canada.

Steinem will host and produce an eight-part documentary series on the **Viceland** network, called **Woman**, about the political impact of violence against women throughout the world. The series premieres Tuesday. THE ASSOCIATED PRESS

Steinem, 82, talked with The Associated Press about the show and how she stays hopeful after six decades of activism.

What did you say to Shane Smith that made him insist you do a show?

I was talking about violence against females in the world and the degree to which, first of all, it normalizes other violence. It tends to be what we see first in our families or in the streets.

It turns out to be the biggest indicator — more than poverty, more than degree of education, religion, access to natural resources, even degree of democracy — violence against females is the biggest indicator of whether a country will be violent in itself or be willing to use military violence against another country.

How did you decide what to focus on for these eight episodes?

We were clear that we wanted to include every continent. We didn't want to make it seem as though problems of violence were limited to one part of the world. We looked at what was most prevalent or important to the women's movements in that country.

The challenges facing some of the women you show are upsetting, but you've said the series makes you feel less helpless. Why?

We have to know before we can act, and the very fact that this is allowing millions of people to have the experience of walking around and talking to people and listening is a step forward in itself.

We know from many forms of suffering that what is important first is a witness — people want to know that someone else knows what's happening, that they're not alone — and someone who listens to what is needed and tries to help.

What real, concrete changes have you seen in your fight for feminism?

We now know, deeply and in the majority, that the old discriminatory systems are crazy, we are not crazy.

We now know that racism is not real, it's made up, it's cruel, it can be stopped. We know sexism is not inevitable. It's only about controlling reproduction and therefore controlling women.

If we have reproductive freedom, that is the ability to decide for ourselves when and whether to have children and what happens to our bodies, it can be reversed.

It's the understanding that it's not inevitable. I think that is crucial. THE ASSOCIATED PRESS

JOHANNA SCHNELLER
WHAT I'M WATCHING

The Good Wife's seven-year switch

THE SHOW: The Good Wife, series finale (CBS/Global)
THE MOMENT: Will's advice

After seven seasons, the series finale aired on May 8. HANDOUT

She's gotten her governor husband Peter (Chris Noth) a light sentence for his crimes, and plans to divorce him.

Now attorney Alicia Florrick (Julianna Margulies) stands alone in her apartment.

"What do I do now?" she asks the air. The ghost of Will (Josh Charles), Alicia's true love, appears. "Go to him," Will says, referring to wolfish investigator Jason (Jeffrey Dean Morgan). "Do you really want to live here alone? It will drive you crazy."

"You're right," she says.

HUH? From the beginning, I loved The Good Wife. The characters' intelligence (and wardrobes) were exactly right, as were the ripped-from-the-headlines cases, and the amount of soap opera.

This season irritated me, though. Instead of being about Alicia, it was about the men who define her. I get that the plot had to land her on that podium, where she could stand next to Peter as she did in episode 1 – but differently.

Suddenly, the whole series is not about Alicia becoming independent. Suddenly it's about shaming her for attaining power.

The climax strands Alicia without friends or job because she became what she hated — about Peter. (Again, defining her in relation to him.) She now has to go out to the bad world and redefine herself again.

To me, show creators Robert and Michelle King's decision undermines their whole series. You were rooting for Alicia, it says — but you were wrong to. Yuck.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

IN BRIEF

A comic claim to fame

A seven-year-old Medicine Hat, Alta. boy is enjoying his 15 minutes of fame after catching the attention of Mad Magazine due to his marked resemblance to Alfred E. Neuman.

With his red hair, freckles and missing front tooth Thomas J Desjarlais was a dead ringer for the iconic face of the satiric magazine when his mom Carly posted a picture of him in April.

That led to an editor from Mad requesting an official photo of the boy, who goes by TJ. The image is featured in the June, 2016 edition.

The letters and tomatoes page features the gaptoothed photo of TJ. THE CANADIAN PRESS

TJ Desjarlais is a dead ringer for Alfred E. Neuman. THE CANADIAN PRESS

metro SPORTS

Leicester manager Claudio Ranieri has been given an open offer from the Italian soccer federation to coach the national team at some point

Stars' quick start helps force Game 7

NHL PLAYOFFS

Lehtonen makes early lead hold up with 35 saves

Rookie Mattias Janmark ignited a three-goal first period and Kari Lehtonen made 35 saves for the Dallas Stars, who forced Game 7 with a 3-2 victory over the St. Louis Blues on Monday night.

Vernon Fiddler and Jason Spezza also scored for Dallas, which reclaimed home ice for the deciding game on Wednesday night despite getting outshot 37-14 with the Blues dominating the last two periods.

Alexander Steen and Patrik Berglund scored for St. Louis.

Home ice has meant little, given the road team has won three in a row and four of six in the series.

Blues goalie Brian Elliott, who had played well throughout the post-season, was replaced with the Stars leading 3-0 on just seven shots at 16:49 of the first.

Jake Allen finished in his first appearance of this post-season, facing just seven more shots in the final two-plus periods.

St. Louis will be seeking its first trip to the Western Conference final since 2001 and Dallas, which finished first overall in the West, previously made it that far in 2008.

Stars forward Vernon Fiddler scores past Blues goalie Brian Elliott while being covered by Kevin Shattenkirk on Monday in St. Louis. JEFF ROBERSON/THE ASSOCIATED PRESS

GAME 6 In St. Louis

3	2

The Stars were ahead 3-0 after the first, their first two- and three-goal leads of the series. That early show of strength muzzled another standing-room crowd of 19,808 at the Scottrade Center with the first two goals coming in a span of 20 seconds.

Janmark blocked Colton Parayko's dump-in from just inside the blue line and skated in alone on Elliott, scoring on a high shot. Fiddler made it 2-0 on a deflection at 5:13 not long after Elliott couldn't clear the puck.

Elliott was pulled after the Stars made it three goals on seven shots, with Spezza scoring on a power play from the slot at 16:49. Blues defenceman Jay Bouwmeester fell down seconds before Spezza's first of the series and fifth of the playoffs.

Steen's goal on a rebound of Robert Bortuzzo's shot gave the Blues life in the second period. Berglund cut the deficit to one at 8:59 of the third, tapping it in from close range off a nice setup from Jori Lehtera.

THE ASSOCIATED PRESS

CFL DRAFT

Riders entertaining offers for top pick

Chris Jones has a decision to make.

The Saskatchewan Roughriders' head coach/GM said Monday he's fielded numerous offers for the top pick in Tuesday night's CFL draft. The Riders have the first selection after last season's league-worst 3-15 record.

Usually the first selection would be coveted by a GM like Jones, hired this off-season to rebuild the Riders after leading Edmonton to last year's Grey Cup as its head coach. The draft pool features many top offensive linemen but no consensus No. 1 player, making it tough for Jones to reap the rewards of a bidding war for the pick.

"We're still in the process of fielding phone calls from numerous teams in the league to determine exactly what our course of action will be," Jones said. "We're going to look at the best offer and then we'll make the right decision for us."

Chris Jones
THE CANADIAN PRESS

Montreal goes second, followed by B.C., Toronto, Hamilton, Calgary, Ottawa and Edmonton in the first round.

Winnipeg opens the second round at No. 9, forfeiting its first-round selection — which would've been second overall — to take Dartmouth linebacker/defensive back Garrett Waggoner in last year's supplemental draft.

THE CANADIAN PRESS

MLB IN BRIEF

Nats need more from No. 4

Dusty Baker is sticking with Ryan Zimmerman as the Washington Nationals' cleanup hitter, right behind Bryce Harper in the order — at least, as the manager put it Monday, "for now."

A day after Harper walked six times and Zimmerman failed to make the Cubs regret it by going 1-for-7, Baker kept the order the same: reigning NL MVP Harper at No. 3 and Zimmerman at No. 4. The Nats beat the Detroit Tigers in comeback fashion, 5-4.

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Yankees tee off on Royals

Carlos Beltran hit two of New York's five solo homers in the first three innings off an ineffective Chris Young, and Aroldis Chapman allowed a run in his Yankees debut before closing out a 6-3 victory over the slumping Kansas City Royals on Monday night.

Brian McCann, Brett Gardner and Aaron Hicks also went deep to help the Yankees win the opener of a four-game series against the defending World Series champions.

THE ASSOCIATED PRESS

Dwyane Wade shoots over Raptors centre Bismack Biyombo on Monday night. ALAN DIAZ/THE ASSOCIATED PRESS

Wade finds a way in Miami

RAPTORS
HEAT EVEN SERIES 2-2

Veterans take over as another game goes to OT

Dwyane Wade poured in 30 points to lift the Miami Heat over the Toronto Raptors 94-87 on Monday, evening up the Eastern Conference semifinal at two wins apiece.

The game needed overtime to decide the winner for the third time in the series.

Terrence Ross and Cory Joseph had 14 points apiece for Toronto, which is without starting centre Jonas Valanciunas for the remainder of the series.

Bismack Biyombo had 13 points and 13 rebounds, while DeMarre Carroll chipped in with 13 points.

Kyle Lowry had 10 points before fouling out with 1:58 to play on another rough night. He and fellow all-star DeMar DeRozan shot a combined 6-for-28.

GAME 4 In Miami

94 87

Filling in for Valanciunas, Biyombo made his presence felt early when he soared over Amar'e Stoudemire for a massive first-quarter dunk, then flexed his biceps in celebration.

The game was an otherwise ugly one, with a mish-mash of lineups, and looked like it might have turned into a blowout thanks to Toronto's woeful 29 per cent first-half shooting.

But the Raptors opened the third quarter with a 17-4 run and when Ross was fouled on a three-point attempt with a minute-and-a-half left in the quarter, his three free throws put Toronto up by six.

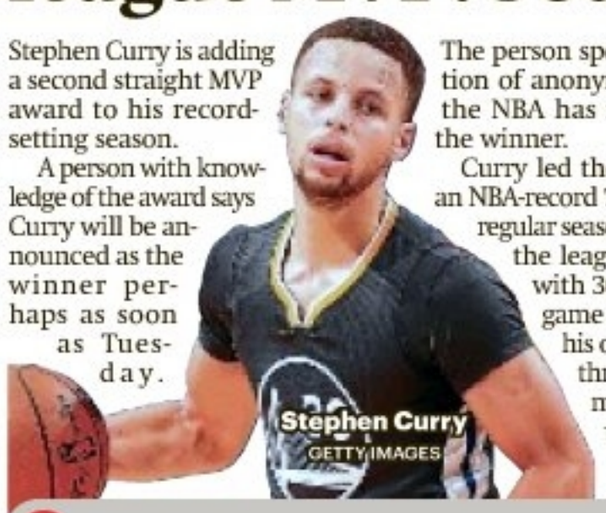
Leading 62-60 with one quarter left, Ross drilled two threes to put Toronto up by nine points with six-and-a-half minutes on the clock. But Wade led a comeback that pulled the Heat within two points with just over a minute to play. With 12.6 seconds on the clock, Wade drove to the hoop, and his basket sent the game into extra time.

With Lowry on the bench, the Raptors could do nothing right in OT. Joseph and DeRozan scored the team's only baskets, before Goran Dragic converted a three-point play with 22 seconds left and Wade grabbed a Raptors turnover for a bucket that sealed the Heat's victory.

THE CANADIAN PRESS

NBA

Curry repeats as league MVP: Source



Stephen Curry is adding a second straight MVP award to his record-setting season.

A person with knowledge of the award says Curry will be announced as the winner perhaps as soon as Tuesday.

The person spoke on condition of anonymity because the NBA has not revealed the winner.

Curry led the Warriors to an NBA-record 73 wins in the regular season. He also led the league in scoring with 30.1 points per game and shattered his own record for three-pointers by making 402.

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IN BRIEF

Spurs' Buford named top GM
San Antonio Spurs general manager R.C. Buford was named the NBA's executive of the year on Monday.

It's the second time Buford has received the honour. He previously won it in the 2013-14 season.

Buford led the field with 77 total points in voting by fellow NBA executives. Portland's Neil Olshey finished in second place and Golden State's Bob Myers was third.

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Canada rolls in Russia
Buffalo Sabres forward Ryan O'Reilly scored twice as Canada remained unbeaten at 3-0 at the world hockey championship with an 8-0 rout of Belarus on Monday.

Canada allowed Belarus to keep the score close through 20 minutes before breaking the game open with four second-period goals.

THE CANADIAN PRESS

Murray ends experiment with coach Mauresmo
Andy Murray split with coach Amelie Mauresmo on Monday, ending a groundbreaking two-year relationship during which he improved as a clay-court player but failed to add Grand Slam titles.

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You'll be putting your life at risk here.

Brazil soccer great Rivaldo is telling tourists to stay away from the Olympics in Rio de Janeiro because of the danger of endemic violence.

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LAND FOR SALE

ADDITIONAL LANDS FOR SALE BY OFFER ESTATE OF J. C. ANDERSON

The Estate of J. C. Anderson is opening the following lands within the MD of Foothills for offers:

I. THE SECTION 8 LANDS
NW, NE and SW quarters of 8;22;1;W5M
Three Adjacent Quarters close to the City of Calgary
to be sold individually or together

Parcel A - NW ¼, 159 Acres (+/-) and includes a 1,000 ft2 (+/-) house with detached double garage. Includes cultivated fields that were seeded for hay. Exceptional mountain views.

Parcel B - NE ¼ 156.53 Acres (+/-) and includes a 7,960 ft2 (+/-) house with attached 4 car garage, 5 bedrooms, 5.5 baths, games room, wine rooms and office. Beautiful southwest patio with elevated panoramic mountain views. Also has a 6,000 ft2 (+/-) heated & insulated machine shop, a 2,240 ft2 (+/-) heated & insulated Quonset hut and an outdoor tennis court.

Parcel C - SW ¼ 153.84 Acres (+/-) mainly pasture land with exceptional mountain views.

II. THE RIVER RANCH LANDS
West 1/2 of 30;20;1;W5M and Acreage at 0514212;1;2
(located within NW ¼ of 30;20;1;W5M)

Parcel A - West ½ 302 Acres (+/-) located directly on the Sheep River, with a 1,020 ft2 (+/-) cabin constructed in 2012 with wood burning fireplace, 2 bedrooms, 2 baths, plus loft. Also includes a 1,200 ft2 (+/-) heated & insulated machine shop, a 4,500 ft2 (+/-) heated & insulated calving barn, plus other older out buildings, sheds & hay barn. Panoramic views overlooking Sheep River Valley, foothills & mountains, with natural springs throughout. The offer package will include a gravel assessment report.

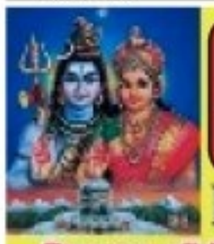
Parcel B - 5.04 Acres (+/-) located within the NW ¼ of 30;20;1;W5M and includes 1,440 ft2 (+/-) house, with detached 832 ft2 (+/-) double garage, 4 bedrooms, 3 baths, and fully developed basement. Panoramic views overlooking Sheep River Valley, foothills & mountains.

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on June 20, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7
P: 403 298 3079 | E: WongL@bennettjones.com

PSYCHICS



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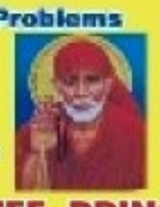
- Enemy Problems



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- Miscarriage
- Health Problems
- Education
- Love & Marriage
- Sexual Problems
- Money Problems

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RECIPE Asian Chicken Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This fresh and crunchy salad is satisfying enough to serve for dinner but also makes a portable lunch so let's just make life easy and double this recipe now.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

Ingredients
- 2 chicken breasts
- 1/4 - 1/2 head of purple cabbage, thinly sliced
- 1/4 - 1/2 head of green cabbage, thinly sliced
- 2 carrots, shredded
- 1 red pepper, thinly sliced
- 1/2 cucumber, peeled and sliced
- 2 spring onions, sliced
- handful cilantro, chopped
- 1/3 cup peanuts, chopped (optional)

Directions

1. Fill a skillet with water and season the water with salt and pepper and bring it to a simmer. Place the chicken breasts in the water and cook them for 10 to 12 minutes, depending on how thick the breasts are. Remove the meat from the skillet and place on a clean plate. Use two forks to shred the chicken.

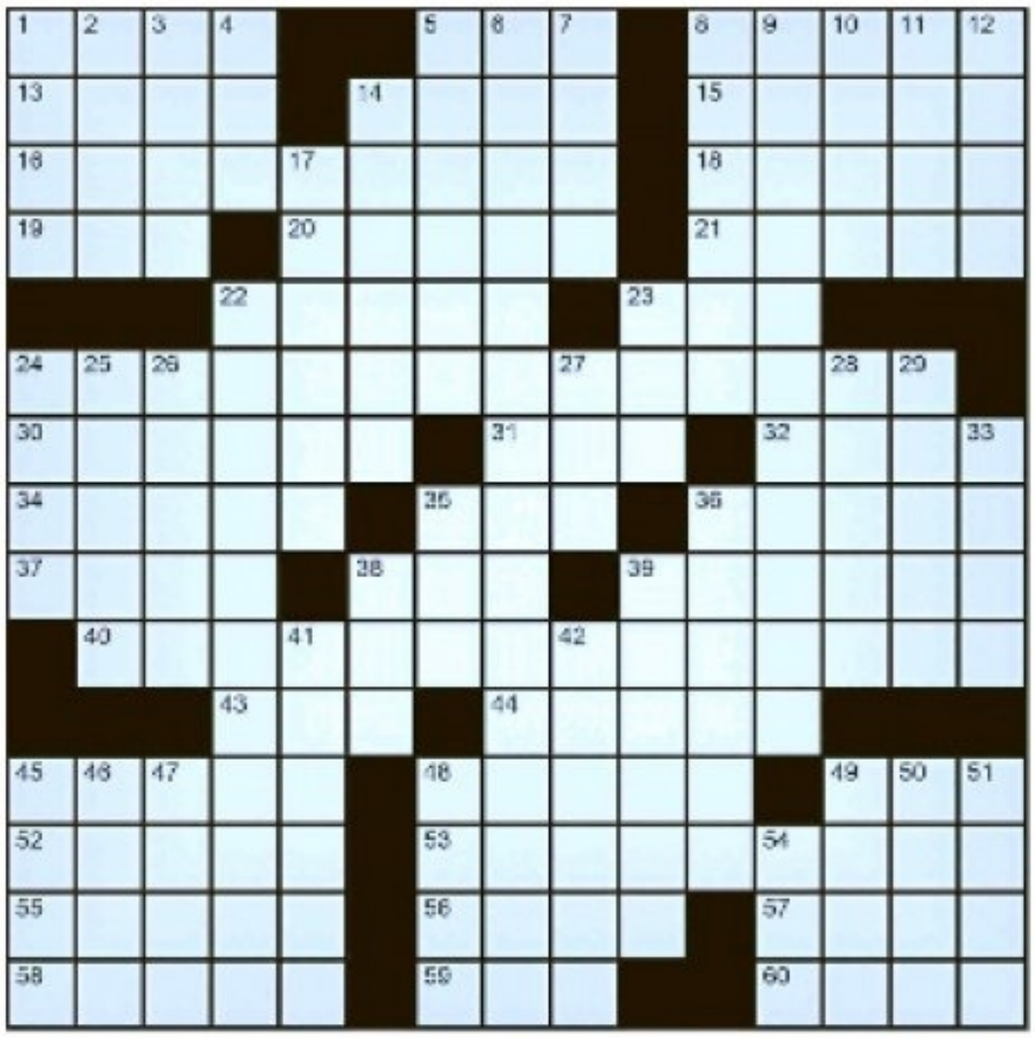
2. In a small bowl, whisk together the dressing ingredients.

3. In a large serving bowl, toss together the vegetables and chicken. Drizzle dressing over the salad and toss again. Serve the salad in bowls and garnish with cilantro and chopped peanuts.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cooking fat
5. "Dancing with the Stars" host ...his initials-sharers
8. Canadian Olympian Ms. Hughes
13. "Walk Like _ _" by The Four Seasons
14. 'Prem' suffix (Movie's first showing)
15. _ space (Starry locale)
16. Celine Dion at Caesars Palace, e.g.: 2 wds.
18. Tea party treat
19. Tree-chopping tool
20. Bubbly bars
21. Communicates via clickety-clacks
22. Cook, as broccoli
23. Damage
24. Current superhero movie for Canadian actress Emily VanCamp, "_ _: Civil War" (2016)
30. Away, archaically
31. "Ready or _!"
32. Ring up
34. Minerals in multivitamins
35. Docs
36. Twin-crystal
37. Director Mr. Keshishian
38. Tender
39. Livestock identification: 2 wds.
40. Exterior housing feature: 2 wds.
43. Bit of butter
44. _ voce (Softly)
45. Good at crafts
48. Sailor's away-from-home status: 2 wds.
49. Frequently, in verse
52. 'Queen of Mean' hotelier Ms. Helmsley
53. In a non-wasting manner
55. Tycoon
56. But, in Boucherville
57. Tavern serving
58. Hunks of concrete
59. Britannica, e.g.
60. Relinquish control

DOWN
1. Psychedelic lighting, _ lamp
2. Charge card, nicknamed
3. Fury
4. Forensic 'fingerprint'
5. Iran's capital city
6. Household cleaning duo: 3 wds.
7. Stitches
8. Dana Carvey, to Mike Myers in movies
9. Classic sitcom tenant: 2 wds.
10. Perched on
11. Boulevard in Montreal, _-Levesque
12. Ancient Greece's war god
14. Affirmative response to someone pointing over there: 3 wds.
17. Belonging to Beelzebub
22. One with one's nose in the air, some might say: 3 wds.
23. Fulfilled
24. Hunting, in Spanish
25. Eva _ ("Canadian Idol" Season 4 champion in 2006)
26. _ of experts (Cable news show guests)
27. Rap artist, _ Def
28. Prickly plants
29. _ Gardens Conservatory (Botanical attraction in Toronto)
33. _ Mason (Asset management company)
35. Clock div.
36. Rum/curacao/lime cocktail: 2 wds.
38. Fragment
39. Compounds in perfume
41. Ancient peoples of Chichen Itza
42. Inlaid artwork
45. Belonging to Edmonton's prov.
46. Tangible
47. Afghanistan's _ Bora
48. "Are you as hungry _ _?" (Let's eat!)
49. S-shaped moulding
50. Bolted
51. Ancient port of Lebanon
54. The Peacock network

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Whatever you do will give you a profitable result in the future. (What works best is to finish an old deal.)

Taurus April 21 - May 21
Fair Venus is in your sign now, dancing with lucky moneybags Jupiter. This means today is a very fortunate day for you. You will be more successful if you wrap up old business.

Gemini May 22 - June 21
Solitude in beautiful surroundings will please you today. In fact, some of you might dabble in a secret love affair. (Woo, woo!)

Cancer June 22 - July 23
This is a popular day! Rally your troops and set them marching, because others will respond to your encouragement and direction.

Leo July 24 - Aug. 23
You make a fabulous impression on bosses and VIPs today. In fact, a flirtatious moment might occur — who knows? A conversation might lead to boosting your income in the future.

Virgo Aug. 24 - Sept. 23
Travel for pleasure totally appeals today. Fortunately, opportunities to do so abound. Lucky you!

Libra Sept. 24 - Oct. 23
Gifts, goodies and favors from others will come your way today. Do not hesitate to accept them. Just say, "Thank you!"

Scorpio Oct. 24 - Nov. 22
Relations with others are warm and friendly today. It's a particularly good day to deal with members of the general public. Seek out fun excursions with others.

Sagittarius Nov. 23 - Dec. 21
It's easy for you to get a raise or praise from others at work today, because people are impressed by you now. (Make the most of this while you have this advantage.)

Capricorn Dec. 22 - Jan. 20
This is an excellent day to set off on vacation. At the least, book some time for yourself doing what you enjoy most. The arts, sports events and playful times with children are favoured (as is romance).

Aquarius Jan. 21 - Feb. 19
This is the perfect day to wrap up an old real-estate deal, especially something that has been hanging on. It's also a good day to entertain at home or buy something beautiful.

Pisces
Feb. 20 - March 20
Relations with others are friendly today, because you are in an optimistic frame of mind. Believe in your power to attract what you need to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	4	3		8	1	7	
8								2
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	2	9	5	4	1	8	7	6
5	8	7	3	2	6	4	9	1
1	4	6	7	9	8	2	5	3
2	3	4	8	5	7	1	6	9
9	7	1	6	3	4	5	8	2
8	6	5	9	1	2	3	4	7
4	9	3	1	7	5	6	2	8
6	1	2	4	8	9	7	3	5
7	5	8	2	6	3	9	1	4

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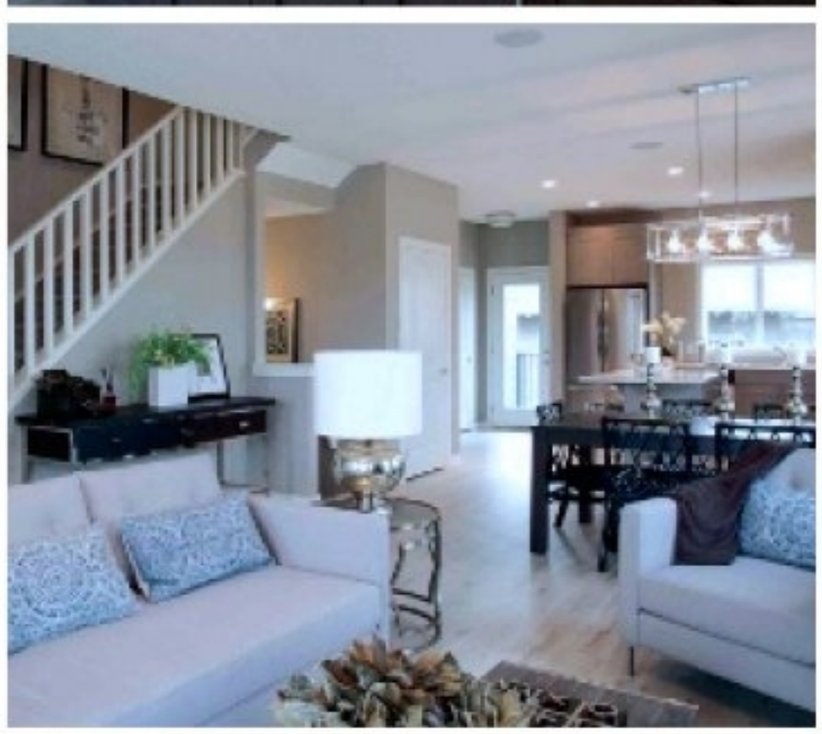

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